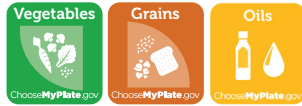


Eat Smart • Move More

Vegetable Pasta Salad

Prep Time: 15 minutes

Total Time: 25 minutes



Ingredients

- 1 cup whole-wheat pasta, cooked
- 16 ounces frozen mixed vegetables
- 1 cucumber, diced
- 1 tomato, diced
- ½ bell pepper, diced
- ½ onion, chopped
- ⅓ cup fat-free Italian salad dressing
- ½ teaspoon ground black pepper

Nutrition Facts

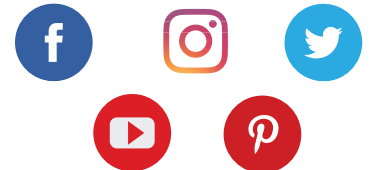
8 servings per container	
Serving size	1 serving (146.51g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes g of Added Sugars	
Protein 4g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 274mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Add canned tuna, chickpeas, or baked chicken for a complete meal.
- ▶ Add black or green olives, fresh basil, or spinach for extra flavor.
- ▶ Try using our Homemade Italian Dressing in place of store bought dressing!

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Directions

- Add cooked pasta to a serving bowl.
- Cook frozen vegetables according to package directions, drain, and add to the bowl.
- Add remaining ingredients to the bowl. Mix all ingredients together until coated. NOTE: Can be served warm or chilled.

(Recipe adapted from Colorado State and University of California at Davis, Eating Smart Being Active Recipes, as listed at: <https://whatscooking.fns.usda.gov/>)

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