

Eat Smart • Move More

Ensalada de Pasta y Vegetales

Tiempo de Preparación: 15 minutos

Tiempo Total: 25 minutos



Ingredientes

- 1 taza de fideos integrales, cocinados
- 16 onzas de vegetales mixtos congelados
- 1 tomate, cortado en dados
- 1 pepino, cortado en dados
- ½ pimiento, cortado en dados
- ½ cebolla, picada
- ⅓ taza de aderezo Italiano para ensaladas libre de grasa
- ½ cucharadita de pimienta negra molida

Preparación

- Agregar la pasta cocinada a un bol.
- Cocinar los vegetales congelados de acuerdo a las instrucciones del paquete, escurrir y agregar al bol.
- Agregar los ingredientes remanentes al bol. Mezclar todos los ingredientes hasta cubrirlos con el aderezo.

Nutrition Facts

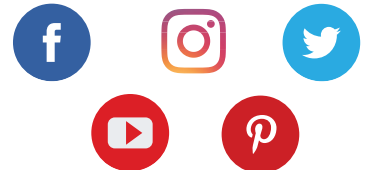
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|-------------------------------|----------------------------|
| 8 servings per container | |
| Serving size | 1 serving (146.51g) |
| Amount per serving | |
| Calories | 100 |
| % Daily Value* | |
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| 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.

Consejos Rápidos

- ▶ Puede servirse tibia o fría.
- ▶ Agregar atún enlatado, garbanzos o sobras de pollo para una comida más abundante.
- ▶ Agregar aceitunas negras o verdes, albahaca fresca o espinaca para un sabor extra.

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(Receta adaptada de Colorado State University of California at Davis, Eating Smart Being Active Recipes, publicada en: <https://whatscooking.fns.usda.gov>)

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