



## Pasta Salad

Makes: 6 (1 cup) servings

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Chilling Time: at least 1 hour

### *Ingredients*

2 cups cooked pasta (any shape)

1 cup cucumber, diced

1 large tomato, chopped

½ medium green pepper, diced

¼ medium onion, diced

½ cup frozen peas

¼ cup Italian salad dressing

### *Directions*

1. Mix all ingredients in a medium-sized bowl.
2. Cover and refrigerate.
3. Mix again before serving.
4. Refrigerate leftovers.

*Be Creative!*

Try adding leftover vegetables.



### **Nutrition Facts**

Serving Size 1 cup (135g)

Servings Per Container 6

Amount Per Serving

**Calories 160**    Calories from Fat 70

% Daily Value\*

**Total Fat 7g**    **11%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol 5mg**    **2%**

**Sodium 180mg**    **8%**

**Total Carbohydrate 20g**    **7%**

Dietary Fiber 2g    **8%**

Sugars 3g

**Protein 4g**