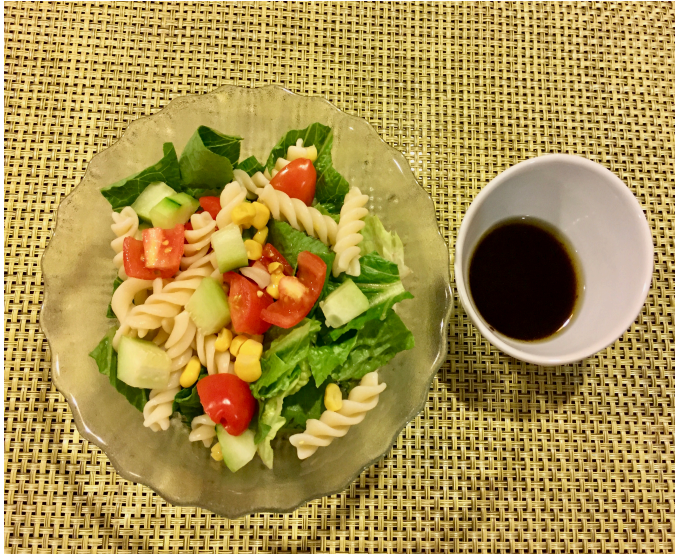




easy pasta salad



instructions

1. Cook pasta according to the package.
2. Prepare the vegetables while pasta cooks.
3. Drain the pasta and rinse under cold water. Mix in the vegetables and add the dressing.

ingredients

- 1/2 of a box of pasta
- 1 small tomato, diced
- 1/2 cucumber, diced
- 1/2 cup of corn (frozen or canned, drained)

Dressing

- 1/8 cup of olive oil
- 1/8 cup of Balsamic Vinegar
- 1/8 teaspoon of salt
- Dash of pepper

Optional

- 2 green onions, chopped

Nutrition Facts

8 servings per container

Serving size 1/2 Cup

Amount Per Serving
Calories **150**

% Daily Value*

Total Fat 4.5g	6%
Saturated Fat 0.51g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.39g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 19.5mg	2%
Iron 0.8316mg	4%
Potassium 237mg	6%

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

try this!

Add the pasta salad on top of chopped lettuce.

healthy tip!

Use whole-wheat pasta for more fiber.