



Try it “Tuesdays”



Pasta Salad

Makes: 6 (1 cup) servings

Preparation Time: 10 Minutes

Cooking Time: 10 Minutes

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	

Ingredients

- 2 cups cooked pasta (any shape)
- 1 cup diced cucumber
- 1 large tomato chopped
- 1/2 medium green pepper, diced
- 1/2 cup frozen peas
- 1/4 cup Italian salad dressing

Directions

Mix all ingredients in a medium sized bowl. Cover and refrigerate at least 1 hour. Mix again before serving. Refrigerate leftovers.

For more information, Contact your local EFNEP office

