

Pasta Salad

Makes
6 servings

Prep time
10 minutes

Cook time
10 minutes

Good source of
Fiber
Vitamin C

Low in
Fat
Sodium

Ingredients:

- 2 cups cooked whole wheat pasta (any shape)
- 1 cup cucumber, diced
- 1 large tomato, diced
- ½ medium green bell pepper, diced
- ¼ medium onion, diced
- ½ cup frozen peas, thawed
- ¼ cup fat-free (or low-fat) Italian salad dressing
- 1 Tbsp. shredded parmesan cheese

Nutrition Facts

6 servings per container
Serving size 1 cup (145g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 199mg	4%

*The % Daily Value 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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Combine all ingredients in a medium-sized bowl and toss until all ingredients are fully incorporated.
2. Serve immediately, or refrigerate and toss again before serving. Refrigerate leftovers.

