

Get Moving!

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.

Eat smart: vary your veggies!



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	

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