

Italian Pasta Salad

Makes: 8 servings

Ingredients

4 cups pasta, cooked

2 cups broccoli (blanched, pieces)

1 cup carrot (cooked, slices)

1/2 cup red pepper (strips)

1/4 cup green onion (sliced)

1/2 cup Italian salad dressing, light or reduced fat (can use 1/2 to 3/4 cup)

Directions

1. Mix all ingredients together and refrigerate for about 30 minutes before serving.

Notes

For a more hearty salad, add strips of cooked ham, a can of cooked red beans or sprinkle with grated cheese.

Source: Oregon State University Cooperative Extension Service, Oregon's Healthy Harvest Recipes

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	210 mg
Total Carbohydrate	27 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	