

# Garden Pasta Salad

**Makes:** 6 Servings

Pasta salad is a cool and delightful addition to lunch or dinner. It goes with a soup or a sandwich.

## Ingredients

- 1/2 cup** macaroni, cooked
- 1/4 cup** onion, finely chopped
- 1/2 cup** cucumber, finely chopped
- 1/4 cup** green pepper, diced
- 1 tablespoon** vinegar
- 1/2 tablespoon** vegetable oil
- 1/4 teaspoon** salt
- 1/4 teaspoon** pepper
- 1 teaspoon** parsley, chopped (optional)

## Directions

1. In a medium-size bowl, combine macaroni, onions, cucumbers, and green peppers. Mix well. 2. In a separate bowl, mix vinegar, vegetable oil, salt, and pepper. If using parsley, add that too. 3. Pour the prepared dressing over the pasta. Mix well. 4. Cover bowl and refrigerate for 30 to 45 minutes. Serve cold.



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>34</b>	
Total Fat	1.3 g	
Protein	1 g	
Carbohydrates	5 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	98 mg	