

Picnic Pasta Salad

Makes: 5 Servings

Canned vegetables, such as low-sodium peas, can be used in many recipes. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added. Low-sodium canned green peas are a great addition to this Picnic Pasta Salad.

Ingredients

- 1 can** low-sodium peas (drained, 15 1/4 ounces)
- 8 ounces** bow tie pasta
- 1 can** canned corn (unsalted, drained, 15 1/4 ounces)
- 1 cup** red pepper (thinly sliced into strips)
- 1/2 cup** reduced fat, low sodium Italian style dressing

Directions

1. Cook pasta according to package directions; rinse under cold water and drain well.
2. Combine pasta, corn, peas, and red peppers in bowl.
3. Toss with dressing.

Notes

Variation: For a heartier dish, add 2 cups diced cooked chicken or ham and add more dressing as needed.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	290	
Total Fat	3 g	
Protein	12 g	
Carbohydrates	55 g	
Dietary Fiber	8 g	
Saturated Fat	0 g	
Sodium	150 mg	