

Italian Pasta Salad

Rating: ★★★★★

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.

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

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	2.5 g	4%
Protein	5 g	
Carbohydrates	27 g	9%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	210 mg	9%