



Summer Vegetable and Pasta Salad

Serving Size 1 cup

Yield: 6 servings

Ingredients:

3 cups whole wheat pasta, dry
1 cup broccoli, chopped
1 cup diced cucumber, peeled
1 cup summer squash, sliced
 $\frac{3}{4}$ cup Italian salad dressing

Directions:

1. Cook pasta according to package directions. Rinse with cold water. Place in large bowl.
2. Add remaining ingredients and mix well.
3. Refrigerate leftovers within 2 hours.



Notes:

- Use any colorful vegetables you have on hand: carrots, cherry tomatoes, green onions, or frozen peas.
- Flavor boosters: 1 cup diced, cooked chicken or ham; 1 cup garbanzo beans.

Nutrition Facts: Calories, 220; Calories from fat, 25; Total fat, 3g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 240mg; Total Carbohydrate, 43g; Fiber, 5g; Protein, 8 g; Vit. A, 2%; Vit. C, 30%; Calcium, 4%; Iron, 10%.

Source: Oregon State University Extension



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