



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 dressing



Directions:

1. Cook pasta according to package directions. Rinse with cold water. Place in large bowl.
2. Add remaining ingredients, and mix well.

Tip: 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, 24; Total fat, 3g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 230mg; Total Carbohydrate, 43g; Fiber, 5g; Protein, 8g; Vitamin A, 2%; Vitamin C, 30%; Calcium, 4%; Iron, 10%.

Source: Oregon State University Extension Service, www.foodhero.org



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