

Vegetables with Pasta

Ingredients:

8 ounces macaroni, whole-wheat
 16 ounces frozen mixed vegetables
 1 tomato
 1/2 onion
 1/2 green pepper
 1 cucumber
 1/2 teaspoon black pepper
 1/3 cup fat-free Italian salad
 dressing

Equipment:

Two saucepans
 Cutting board
 Knife
 Measuring cups
 Measuring spoons

Number of Servings: 8
 Prep Time: 20 minutes
 Total Time: 1 hour

Directions

1. Cook pasta according to directions, drain. Allow to cool.
2. Cook frozen vegetables according to directions, drain. Add to mixing bowl.
3. While vegetables are cooking, cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into small pieces. Add to bowl.
4. Wash a green pepper and cut it in half lengthwise. Save half for other uses. Break off stem area, seeds and white membranes and throw away. Cut pepper into slices then dice. Add to bowl.
5. Wash and cut ends off of cucumber. Cut into slices, stack and cut into quarters. Add to bowl.
6. Mix all ingredients together. Pour dressing on top. Season with pepper. May be served warm or cold.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 8	
Amount Per Serving	
Calories 277	Calories from Fat 9
%Daily Value*	
Total Fat 1g	1%
Saturated Fat trace 1g	0%
Cholesterol 0mg	0%
Sodium 169mg	7%
Potassium 188mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	14%
Protein 4g	81%
Vitamin A 60%	Vitamin C 8%
Iron 6%	Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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