

Vegetable Pasta Salad

Ingredients:

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

Equipment:

Large sauce pan
 Sauce pan
 Salad bowl

Number of Servings: 8
 Prep Time: 15 minutes
 Total time: 15 minutes

Directions

1. Cook pasta according to directions, drain. Add to salad bowl.
2. Cook frozen vegetables according to directions, drain. Add to salad bowl.
3. While vegetables and pasta are cooking, cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Save one half for other uses. Slice onion in thin strips keeping pieces together. Turn and slice again to make dice. Chop up any large pieces. Add to salad bowl.
4. Wash a green pepper and cut it in half lengthwise. Save half for other uses. Remove stem, seeds and white membranes. Cut pepper into slices then dice. Add to salad bowl.
5. Wash tomato and cut in half through the stem. Cut stem out. Lay flat on cutting board and slice into 1/2 inch strips keeping them together, Turn a and slice again to make dice. Add to salad bowl.
6. Wash and cut ends off of cucumbers. Cut into quarters lengthwise. Cut these into slices. Add to salad bowl.
7. Add dressing and pepper to salad bowl, and mix all ingredients together. May be served warm or cold.

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Nutrition Facts			
Serving Size: 1 cup			
Servings: 8			
Amount Per Serving		Calories from Fat 9	
Calories 99			
		%Daily Value*	
Total Fat	1g		1%
Saturated Fat	trace 1g		1%
Cholesterol	0mg		0%
Sodium	169mg		7%
Total Carbohydrate	21g		7%
Dietary Fiber	4g		16%
Protein	4g		9%
Vitamin A	62%	Vitamin C	23%
Iron	7%	Calcium	3%

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

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