



Zesty Veggie Pasta Salad

Servings: 6

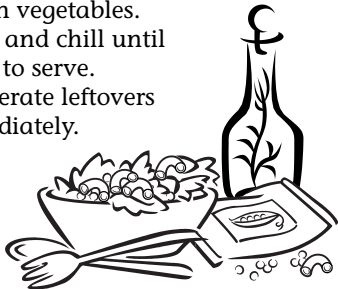
Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- ½ pound whole-wheat or regular pasta, any shape (about 8 ounces)
- 1 cup low-calorie salad dressing, any flavor
- 1 cup canned, fresh or frozen vegetables, cooked and cooled
- 2 quarts water

Directions:

1. Wash hands and surfaces.
2. Boil water and add pasta. Cook, uncovered, at a rapid boil for 5 to 10 minutes or until tender, but firm.
3. Gently toss pasta and salad dressing. Fold in vegetables.
4. Cover and chill until ready to serve.
5. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 200

Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 460mg **19%**

Total Carbohydrate 39g **13%**

Dietary Fiber 4g **16%**

Sugars 8g

Protein 5g

Vitamin A 6% Vitamin C 2%

Calcium 4% Iron 6%

Tips:

- Choose fresh and frozen vegetables to get less sodium.
- Use leftover vegetables for this salad and add cubed low-fat cheese.
- Colored pasta doesn't have a lot of vegetables in it. Instead, add vegetables to pasta like this recipe does to boost your veggies.
- For fresh, local vegetables, go online to find a farmers market at: agebb.missouri.edu/fmkt/dir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/