



Pasta Salad

Servings 10 | Prep time 20 mins. | Total time 20 mins.

Equipment: Large bowl, Cutting board, Mixing spoon, Small bowl

Utensils: Knife, Whisk or fork

Ingredients

1 16 ounce box whole wheat bow tie OR penne pasta, cooked, drained, and cooled

5 cups fresh OR frozen vegetables diced (If using fresh vegetables, we recommend 2 bell peppers, 1 cucumber, 2 cups broccoli florets, 1 cup grape tomatoes. If using frozen vegetables, follow directions on package to prepare/thaw and drain vegetables well.)

1 cup low-fat mayonnaise

1 tablespoon Italian seasoning OR 1 teaspoon fresh chopped basil and oregano

1 lemon, juiced (about 4 tablespoons)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a large bowl combine cooked pasta and prepared vegetables. Mix well.
3. In a small bowl, add mayonnaise, Italian seasoning, and lemon juice and mix together with a fork or whisk.
4. Drizzle dressing over vegetables and pasta. Toss to combine.
5. Cover and refrigerate 1-2 hours to enhance flavors.

Nutritional Information:

Calories 140 Total Fat 4g Sodium 210mg Total Carbs 20g Protein 4g