



# Pasta Salad

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

## Equipment:

Large bowl  
Cutting board  
Small bowl

## Utensils:

Knife  
Whisk or fork  
Measuring cups and spoons

## Ingredients

1 16 ounce box whole grain (bow tie or penne) pasta, cooked and cooled  
5 cups vegetables (bell pepper, cucumber, broccoli, grape tomatoes, etc.), chopped  
1 cup light mayonnaise  
1 tablespoon Celebrate Your Plate Italian seasoning OR 1 teaspoon fresh herbs (basil and oregano), chopped  
4 tablespoons lemon juice (about 2 lemons)

## 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. Mix together with a whisk or fork.
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 6g  
Sodium 210mg  
Total Carbs 20g  
Protein 4g