



# 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 chopped vegetables (bell pepper, cucumber, broccoli, grape tomatoes, etc.)  
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 6g  
Sodium 210mg  
Total Carbs 20g  
Protein 4g