



EATING SMART  
BEING ACTIVE

## Pasta Salad



Makes: 6 servings (1 cup per serving)

Preparation Time: 20 minutes

### **Ingredients**

- 2 cups cooked pasta (any shape)
- 3 tablespoons vegetable oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- 1 pinch of crushed red pepper flakes (optional)
- 1 cup diced cucumber
- 1 large tomato, seeds removed and chopped\*
- ½ green pepper, diced
- 1 small onion, minced
- ½ cup frozen peas, thawed

### **Directions**

1. Cook the pasta, drain, and cool in the refrigerator.
2. Wash all vegetables, and remove seeds from tomato.\*
3. Collect, dice, and measure all ingredients before starting to prepare the recipe.
4. Whisk together oil, vinegar, salt, black pepper, garlic powder, Italian seasoning, and crushed red pepper flakes (if using) in a large bowl.
5. Add the pasta, cucumber, tomato, green pepper, onion, and peas.



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- Mix all ingredients together until the vegetables and pasta are evenly coated.
- Serve immediately. It tastes even better when refrigerated for at least an hour. Cover when storing in the fridge, and stir again before serving.
- Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

\* Removing tomato seeds: Turn the tomato on its side so the stem faces to the right. Cut the tomato down the center, and use a ¼ teaspoon to spoon out the seeds.

**Be creative!** Use whole wheat pasta.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 Cup (122g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 133mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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