

Create a Pasta Salad

Makes 2-3 servings

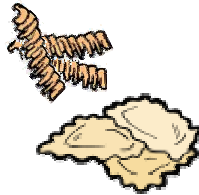
Preparation Time: 30 minutes

General Directions:

Combine your choice of ingredients together in a large bowl. Add dressing and seasonings, toss to coat adding more dressing as needed. Chill until serving time.

Starch—start with:

2 cups cooked pasta
(any shape)



Vegetables—add 2 cups fresh, canned or frozen:

- Cauliflower
- Tomatoes
- Green beans
- Rutabaga
- Celery
- Peas
- Green pepper
- Carrots
- Broccoli
- Cucumbers
- Onions
- Olives
- Kohlrabi
- Radishes
- Zucchini



Protein—add 1/2 cup:

- Diced cheese
- Sunflower seeds
- Diced meat
- Kidney beans
- Pinto beans
- Garbanzo beans
- Nuts
- Tuna fish
- Canned meat
- Shrimp



Dressing—select ONE—add 1/4 cup:

- Oil/vinegar dressing
- Low-calorie salad dressing
- Low-calorie ranch dressing
- Low-calorie Caesar dressing
- Olive oil

Flavor—select ONE or MORE:

- Salt
- Pepper
- Oregano
- Basil
- Dill weed
- Other spices or herbs



Source: Michigan State University Extension (2008). *Eating Right is Basic*. East Lansing, MI: Michigan State University Extension.



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