

Garden Pasta Salad



Pasta salad is a cool and delightful addition to lunch or dinner. It goes with soup or a sandwich.

Nutrition Facts

Recipe makes 6 servings

Calories: 34	Dietary Fiber: 1 g
Fat: 1 g	Sodium 98 mg
Carbohydrate: 5 g	Protein 1 g
Cholesterol: 5 mg	

Source: USDA What's Cooking

For more healthy recipes, visit:

<http://www.whatscooking.fns.usda.gov>

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Ingredients

- 1/2 cup macaroni, cooked
- 1/4 cup onion, finely chopped
- 1/2 cup cucumber, finely chopped
- 1/4 cup green pepper, chopped
- 1 Tbsp. vinegar
- 1/2 Tbsp. vegetable oil
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/8 Tbsp. parsley, chopped (optional)

Directions

1. In a medium-size bowl, combine macaroni, onions, cucumbers, and green peppers. Mix well.
2. In a separate bowl, mix vinegar, vegetable oil, salt, and pepper. If using parsley, add that to the bowl too.
3. Pour the prepared dressing over the pasta. Mix well.
4. Cover bowl and refrigerate for 30 to 45 minutes. Serve cold.