Eating Smart • Being Active©

Get Moving!

EFNEP
Expanded Food and Nutrition Education Program

Pasta Salad

Makes: 6 (1 cup) servings
Preparation Time: 10 minutes
Cooking Time: 10 minutes
Chilling Time: at least 1 hour

Ingredients

2 cups cooked pasta (any shape)
1 cup diced cucumber
1 large tomato chopped
½ medium green pepper, diced
¼ medium onion, diced
½ cup frozen peas
¼ cup Italian salad dressing

Directions

1. Mix all ingredients in a medium-sized bowl.
2. Cover and refrigerate.
3. Mix again before serving.
4. Refrigerate leftovers.

Be Creative!
Try adding leftover vegetables.

Eat Smart: Vary Your Veggies!

Nutrition Facts
Serving Size 1 cup (135g)
Servings Per Container 6

Amount Per Serving	
Calories 160	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 180mg	**8%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 4g	

CSREES USDA Education Research Extension
ANR University of California
UCCE University of California Cooperative Extension
UCDAVIS
Colorado State University Cooperative Extension