

Confetti Pasta Salad

DRESSING

- ¼ cup red wine vinegar
- 2 teaspoons olive oil
- ¼ teaspoon dried basil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

SALAD

- 5 ounces uncooked rotini pasta (about 2 cups)
- 1 cup fresh or frozen peas
- 1 cup finely diced carrot
- 1 green bell pepper, finely diced
- 1 tomato, seeded and finely diced

1 In a small bowl, whisk together all the dressing ingredients; set aside.

2 Cook pasta according to packaged directions, omitting salt. Drain pasta in colander and run under cold water for a few minutes to cool.

3 In a medium bowl, toss together pasta, peas, carrots, peppers, and tomatoes.

4 Drizzle dressing over the salad and toss again to coat.

Exchanges

1 ½ Starch 1 Vegetable

Calories 150

Calories from Fat 20

Total Fat 2 g

Saturated Fat 0 g

Cholesterol 0 g

Sodium 140 mg

Total Carbohydrate 28 g

Dietary Fiber 3 g

Sugars 5 g

Protein 5 g

Providing guidance and support to make the "healthy choice the easy choice!"



Healthy Communities, Healthy People
Program
Jackson County Health Department
P O Box 310, 3045 4th Street
Marianna, FL 32447

Mary Beth Gurganus, LD/N
Phone: 850.526.2412 ext 282
Fax: 850.428.9564
Email: WellnessBuddy@doh.state.fl.us