



PASTA SALAD*

July 28, 2010

6 Servings/Serving size: 1 cup

Use any shape of pasta you like. Three-color spirals, colored with tomato, beet, and spinach powder, right off the supermarket shelf were used in this recipe. Made in the morning, this salad was served with grilled fish on the first night of a camping trip. Because refrigeration was available, we enjoyed the leftovers the next noon— instant lunch while everyone else was making sandwiches.

INGREDIENTS

3 cups cooked tricolor spiral pasta (1 ½ cups dry)
1 large, ripe tomato, chopped
1 medium green pepper, chopped
1 cup low-fat cheese, shredded
1 cup black olives, drained and sliced
6 Tbsp. bottled low-calorie Italian dressing
16 tender lettuce leaves

1. METHOD

- Cook pasta the energy saving way by boiling water and adding pasta as usual. Stir until water boils again. Cover. Turn off heat. Let stand for the cooking time indicated on the package.
- Drain.
- Add rest of ingredients except lettuce and chill.
- Serve on lettuce.

NUTRITION INFORMATION

Starch/Bread Exchange 1

Fat Exchange 1

Meat Exchange 1

Vegetable Exchange 1

Calories 201

Carbohydrate 25 grams

Protein 10 grams

Fat 7 grams (31%)

Saturated fat 2 grams

Cholesterol 7 milligrams

Fiber 4 grams

Sodium 636 milligrams

CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

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