

Confetti Pasta Salad



CHOICES
Steps Toward
Health

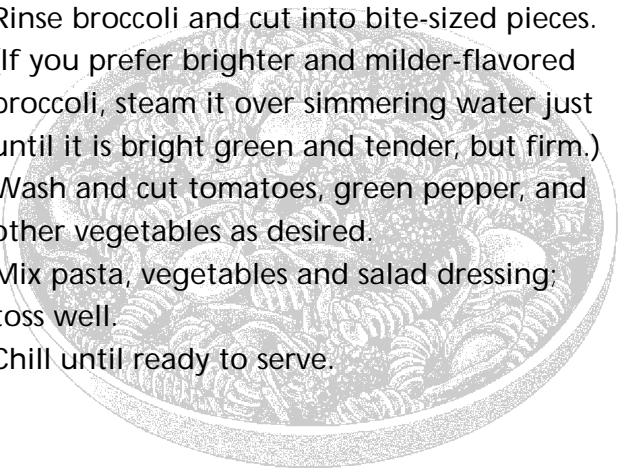
Serves 8

1 12-ounce bag of tri-color spiral pasta
2 cups fresh broccoli, cut into pieces
2-3 large tomatoes, sliced into wedges
1 green pepper, chopped
Other vegetables as desired
1/4 cup Caesar or Italian salad dressing,
low-fat

TIPS:

- Great salad for a picnic. Keep it cold while traveling using a cooler and ice packs.
- Use whole-grain pasta for extra fiber and nutrients.

1. Cook pasta until tender, following directions on package. Rinse with cold water. Chill in refrigerator.
2. Rinse broccoli and cut into bite-sized pieces. (If you prefer brighter and milder-flavored broccoli, steam it over simmering water just until it is bright green and tender, but firm.)
3. Wash and cut tomatoes, green pepper, and other vegetables as desired.
4. Mix pasta, vegetables and salad dressing; toss well.
5. Chill until ready to serve.



Nutrition Facts: Serving size: about 1 cup; Calories: 180; Fruits and Vegetables: 1; Fat: 1.5 g; Fiber: 3 g



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