



Italian Pasta Salad

SERVING SIZE: ½ cup
SERVINGS: 20
COOK TIME: 15 minutes
PREPARATION TIME: 30 minutes
CHILL TIME: 1 hour or more

INGREDIENTS:

- 1 pound spiral whole wheat pasta, cooked
- 2 Tablespoons Italian seasoning
- 1 Tablespoon Dijon (or regular) mustard
- 4 teaspoons sugar
- ¾ cup white vinegar
- 1 cup vegetable oil
- 1 quart diced fresh seasonal veggies such as carrots, cucumber, zucchini, summer squash, cherry tomatoes cut in half
- ¼ cup onion, diced

DIRECTIONS:

1. Cook pasta according to package directions. Drain and chill in fridge for an hour or more.
2. While pasta is cooking, crush Italian seasoning in a medium bowl with the back of a spoon.
3. Add the mustard, sugar and vinegar. Mix well.
4. Add the oil last. Stir well to blend.
5. Refrigerate for an hour or more.
6. Wash and cut veggies.
7. Put pasta and veggies in a large bowl. Stir dressing well. Then add and mix well.

RECIPE TIPS:

- Change it up! Try a different whole grain pasta, like shells or macaroni.
- Try something new! Instead of Italian, try using a different Healthy Shelves dressing recipe, like Homemade French or Creamy Garlic.
- Try frozen or canned, drained veggies instead.
- Add tuna, chicken or drained and rinsed canned kidney beans for more protein.



NUTRITION FACTS:

Amount Per Serving	
Calories	237
Total fat	13g
Saturated fat	1g
Cholesterol	0mg
Sodium	102mg
Total Carbohydrate	26g
Fiber	4g
Sugar	3g
Includes 1g of Added Sugars	
Protein	5g
Phosphorus	110mg
Potassium	175mg

EQUIPMENT NEEDED:

- Large pan
- Large and medium bowl
- Knife
- Measuring Cups and Spoons

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: www.healthyshelves.org