



July 7- Garden Pasta Salad – Happy Macaroni Day!

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/garden-pasta-salad>

Recipe

Ingredients:

- ½ cup macaroni, cooked
- ¼ cup onion, finely chopped
- ½ cup cucumber, finely chopped
- ¼ cup green pepper, diced
- 1 tablespoon vinegar
- ½ Tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon parsley, chopped (optional)

Directions:

1. In a medium-size bowl, combine macaroni, onions, cucumbers, and green peppers. Mix well.
2. In a separate bowl, mix vinegar, vegetable oil, salt, and pepper. If using parsley, add that too.
3. Pour the prepared dressing over the pasta. Mix well.
4. Cover bowl and refrigerate for 30 to 45 minutes. Serve cold.

Yield 6 servings

Nutrition Facts

Serving Size 1/4 cup (36.43g)
Servings Per Container 6

Amount Per Serving

Calories 25 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 5g 2%

Dietary Fiber <1g 2%

Sugars <1g

Protein <1g 2%

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.