July 7 - Garden Pasta Salad – Happy Macaroni Day!

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup (36.43g)</td>
<td>25</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>6 servings</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Total Fat: 0g
- Saturated Fat: 0g
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 100mg
- Total Carbohydrate: 5g
- Dietary Fiber: <1g
- Sugars: <1g
- Protein: <1g

Vitamin A 0%  ·  Vitamin C 10%
Calcium 0%  ·  Iron 0%

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