



EATING SMART  
BEING ACTIVE

## Pasta Salad

Makes: 6 servings (1 cup per serving)

Preparation Time: 20 minutes

### Ingredients

- 2 cups cooked pasta (any shape)
- 3 tablespoons vegetable oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- 1 pinch of crushed red pepper flakes (optional)
- 1 cup diced cucumber
- 1 large tomato, seeds removed and chopped\*
- ½ green pepper, diced
- 1 small onion, minced
- ½ cup frozen peas, thawed

### Directions

1. Cook the pasta, drain, and cool in the refrigerator.
2. Wash all vegetables, and remove seeds from tomato.\*
3. Collect, dice, and measure all ingredients before starting to prepare the recipe.
4. Whisk together oil, vinegar, salt, black pepper, garlic powder, Italian seasoning, and crushed red pepper flakes (if using) in a large bowl.
5. Add the pasta, cucumber, tomato, green pepper, onion, and peas.
6. Mix all ingredients together until the vegetables and pasta are evenly coated.
7. Serve immediately. It tastes even better when refrigerated for at least an hour. Cover when storing in the fridge, and stir again before serving.
8. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

\* Removing tomato seeds: Turn the tomato on its side so the stem faces to the right. Cut the tomato down the center, and use a ¼ teaspoon to spoon out the seeds.

**Be creative!** Use whole wheat pasta.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 Cup (122g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 16mg	<b>2%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 133mg	<b>2%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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*Make Half Your Grains Whole*



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## Ensalada de pasta

Rinde: 6 porciones (1 taza por porción)

Tiempo de preparación: 20 minutos

### **Ingredientes**

- 2 tazas de pasta cocida (cualquier forma)
- 3 cucharadas de aceite vegetal
- 1 cucharada de vinagre de manzana
- 1 cucharadita de sal
- ¼ cucharadita de pimienta negra
- ½ cucharadita de ajo en polvo
- ½ cucharadita de condimento italiano
- 1 pizca de hojuelas de pimienta roja trituradas (opcional)
- 1 taza de pepino cortado en dados
- 1 tomate grande, sin semillas y picado\*
- ½ pimiento verde cortado en dados
- 1 cebolla pequeña picada fina
- ½ taza de chícharos congelados, descongelar

### **Preparación**

1. Cocinar la pasta, escurrir y dejar enfriar en el refrigerador.
2. Lavar todos los vegetales y eliminar las semillas del tomate.\*
3. Reunir, cortar en dados y medir todos los ingredientes antes de comenzar a preparar la receta.
4. Mezclar el aceite, el vinagre, la sal, la pimienta negra, el ajo en polvo, el condimento italiano y las hojuelas de pimienta roja trituradas (si va a usar) en un recipiente grande.
5. Agregar la pasta, el pepino, el tomate, el pimiento verde, la cebolla y los chícharos.
6. Mezclar bien todos los ingredientes hasta que los vegetales y la pasta estén bien recubiertos.
7. Servir inmediatamente. Para resaltar los sabores dejar en el refrigerador durante al menos una hora. Cubrir el recipiente, dejar en el refrigerador y volver a mezclar antes de servir.
8. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

\* Cómo eliminar las semillas del tomate: Colocar el tomate sobre el costado, para que el tallo mire hacia el lado derecho. Cortar el tomate por el medio y con una cucharita de ¼ sacar las semillas.

**¡Sea creativo!** Use pasta integral.

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