

PASTA SALAD

Ranch Pasta Salad



Ingredients:

- * ½ cup Greek yogurt
- * ½ cup Ranch dressing, light
- * 1 lb whole wheat pasta, cooked
- * 2 large carrots, chopped
- * 1 ½ cups broccoli, chopped
- * ½ yellow bell pepper, chopped
- * ½ red bell pepper, chopped
- * 15 oz can whole kernel corn, no salt added

Directions:

Makes 8 servings.

Start by boiling water and cooking pasta. When pasta is tender, drain and let cool. Chop vegetables, mix together in a bowl and set aside. Mix yogurt and ranch together and set aside. Once pasta has cooled completely, mix in chopped vegetables and dressing. Mix until well incorporated and refrigerate for at least 1 hour prior to serving.

Nutrition Facts

Serving Size 1
Calories 315

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
Total Fat 7g	11%	Total Carbohydrate 53g	18%	Calories	2,000	2,500
Saturated Fat 1g	5%	Dietary Fiber 7g	28%	Less than	65g	80g
Trans Fat 0g		Sugars 8g		Less than	20g	25g
Cholesterol 9mg	3%	Protein 9g	18%	Total Fat	300mg	300mg
Sodium 191mg	8%			Sat Fat	Less than 20g	25g
Vitamin C 81%				Cholesterol	Less than 300mg	300mg
				Sodium	Less than 2400mg	2400mg
				Total Carbs	300g	375g
				Dietary Fiber	25g	30g

Did you know? Pasta salad is a great choice; it's served cold and is loaded with assorted vegetables and nutrients that will keep you feeling satisfied in the hot summer months and is easy to pack when you're on-the-go.

Recipe adapted from: <http://www.bestfoodcloud.com/2014/05/ranch-pasta-salad.html>



PASTA SALAD

Black Bean and Corn Pasta Salad



Ingredients:

- * 16 oz box rotini tri-coloured pasta, cooked
- * ½ cup medium white onion, chopped
- * ½ cup red bell pepper, chopped
- * 2 x 15 oz can black beans, no salt added, rinsed and drained
- * 15 oz can diced tomatoes, no salt added, drained
- * 15 oz can kernel corn, no salt added, drained
- * ¾ bottle Zesty Italian dressing, reduced fat

Directions:

Makes 8 servings.

Start by boiling water and cooking pasta. When pasta is tender, drain and let cool. Chop onion and pepper, mix together in bowl then add beans, diced tomatoes and corn. Once pasta has cooled completely, mix in vegetables and dressing. Mix until well incorporated and refrigerate for at least 1 hour prior to serving.

Nutrition Facts

Serving Size 1
Calories 405

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 6g	9%	Total Carbohydrate 70g	23%
Saturated Fat 0g	0%	Dietary Fiber 9g	36%
Trans Fat 0g		Sugars 12g	
Cholesterol 0mg	0%	Protein 14g	28%
Sodium 319mg	13%		
Vitamin C 36%	•	Thiamin 38%	•
		Folate 27%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

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Recipe adapted from: <http://simpledelicioussouthernfood.blogspot.ca/2013/05/my-black-bean-corn-pasta-saladi-love.html>