

# 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* |
|------------------------|-----------------|-------------------------------|-----------------|
| <b>Total Fat</b> 7g    | <b>11%</b>      | <b>Total Carbohydrate</b> 53g | <b>18%</b>      |
| Saturated Fat 1g       | <b>5%</b>       | Dietary Fiber 7g              | <b>28%</b>      |
| Trans Fat 0g           |                 | Sugars 8g                     |                 |
| <b>Cholesterol</b> 9mg | <b>3%</b>       | <b>Protein</b> 9g             | <b>18%</b>      |
| <b>Sodium</b> 191mg    | <b>8%</b>       |                               |                 |
| Vitamin C 81%          | •               | Vitamin K 24%                 |                 |

\*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    |

*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* |
|------------------------|-----------------|-------------------------------|-----------------|
| <b>Total Fat</b> 6g    | <b>9%</b>       | <b>Total Carbohydrate</b> 70g | <b>23%</b>      |
| Saturated Fat 0g       | <b>0%</b>       | Dietary Fiber 9g              | <b>36%</b>      |
| Trans Fat 0g           |                 | Sugars 12g                    |                 |
| <b>Cholesterol</b> 0mg | <b>0%</b>       | <b>Protein</b> 14g            | <b>28%</b>      |
| <b>Sodium</b> 319mg    | <b>13%</b>      |                               |                 |
| 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    |

*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://simpledelicioussouthernfood.blogspot.ca/2013/05/my-black-bean-corn-pasta-saladi-love.html>