



A Nutrition Resource

PASTA SALAD

Yield: 6 Servings | Serving Size: 1 cup

Cost/Serving: \$0.54

Ingredients:

- 2 cups cooked pasta (any shape; follow package instructions to cook), cooled
- 3 Tablespoons vegetable oil
- 1 Tablespoon apple cider vinegar
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning
- 1 pinch of crushed red pepper flakes (optional)
- 1 cup diced cucumber
- 1 large tomato, seeds removed and chopped*
- 1/2 green pepper, diced
- 1/4 large onion, diced
- 1/2 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.

Nutrition Facts

6 servings per container

Serving size 1 Cup (122g)

Amount Per Serving

Calories 150

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 133mg	2%

*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.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION



A Nutrition Resource

- 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 1/4 teaspoon to spoon out the seeds.

Be creative! Use whole wheat pasta.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION