Recipe card instructions:
For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Zesty Veggie Pasta Salad
- 2 quarts water
- 8 ounces whole-wheat or regular pasta, any shape
- 1 cup low-calorie vinegar-and-oil salad dressing, any flavor
- 1 cup vegetables (cook and cool fresh or frozen vegetables, or use canned)

In a medium to large saucepan, bring water to a boil. Add pasta. Cook, uncovered, at a rapid boil for 5 to 10 minutes or until tender but firm. Drain. Gently toss pasta and salad dressing. Fold in vegetables. Cover and chill until ready to serve. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

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Notes:
- Fresh and frozen vegetables will have less sodium than canned.
- This recipe is a good use of leftover cooked vegetables.
- Add cubed low-fat cheese to make this recipe a main-dish salad.

Nutrition Facts
Serving Size 1 cup
Amount Per Serving
Calories 200
Total Fat 3g 5%
Sodium 460mg 19%
Total Carbohydrate 39g 13%
Dietary Fiber 4g 16%
Protein 5g

Vitamin A 6%  Vitamin C 2%
Calcium 4%  Iron 6%

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

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