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Apple Salad

- 2 tablespoons whipped salad dressing or mayonnaise
- 1 tablespoon orange juice
- 2 cups diced apples
- 1 cup diced celery
- ½ cup raisins
- ½ cup nuts

Mix orange juice with salad dressing or mayonnaise. Add apples, celery, raisins and nuts; mix gently. Makes 8 servings.

Source: University of Kentucky Cooperative Extension Service



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Apple Salad

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 110	
% Daily Value*	
Total Fat 6g	9%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Vitamin A 2%	
Vitamin C 4%	
Calcium 2%	
Iron 2%	

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

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 110	
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Total Fat 6g	9%
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Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Vitamin A 2%	
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Awesome Granola

- ¼ cup margarine, melted
- 3 cups rolled oats, uncooked
- ½ cup shredded or flaked coconut
- 1 cup chopped nuts
- ¼ cup honey or maple syrup
- 1½ teaspoon cinnamon
- ⅔ cup raisins

Source: Texas AgriLife Extension

Heat oven to 350°F. In a large bowl, combine all ingredients except raisins; mix well. Bake in a 13 × 9-inch pan for 25 to 30 minutes or until gold brown, stirring every 5 to 10 minutes. After removing from oven, stir in raisins. Cool thoroughly. Store in tightly covered container. Makes 10 servings. (See back of card for alternative cooking options.)

Stock Healthy



Shop Healthy

UNIVERSITY OF MISSOURI EXTENSION

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- This recipe can also be made in an electric skillet. Set skillet to 300°F. Cook mixture in skillet until lightly browned, stirring constantly. Turn off heat. Stir in raisins. Cool thoroughly.
- This recipe can also be cooked in a microwave by using a glass baking dish. Microwave on HIGH about 8 minutes or until golden brown, stirring after every 2 minutes. Stir in raisins. Put mixture on cookie sheet or aluminum foil to cool.

Nutrition Facts	
Serving Size 1/2 cup (55g)	
Amount Per Serving	
Calories 250	
	% Daily Value*
Total Fat 14g	22%
Sodium 50mg	2%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	18%
Protein 4g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 8%

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Baked Tortilla Chips

- 8 small corn or whole-wheat flour tortillas
- Nonstick cooking spray
- Garlic salt or other spices

Source: University of Missouri Extension Family Nutrition Education Programs

Preheat oven to 450°F. Cut each tortilla into 6 wedges. Lay wedges on a cookie sheet that has been sprayed with cooking spray. Spray tops of tortillas lightly with cooking spray. Sprinkle with garlic salt, cinnamon and sugar, or other spices. Bake 6 to 10 minutes or until golden brown. Makes 4 servings.

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Baked Tortilla Chips

Note:

- Serve with salsa, dips, salad or soup.
- For cinnamon-sugar, mix 1 tablespoon sugar and ½ teaspoon cinnamon. Chips made with cinnamon and sugar are great with fruit salsa.

Nutrition Facts	
Serving Size 12 chips	
Amount Per Serving	
Calories 120	
% Daily Value*	
Total Fat 1.5g	2%
Sodium 5mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 4%

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Banana Wraps

- 1 (8-inch) flour tortilla
- 2 to 3 tablespoons peanut butter or low-fat cream cheese
- 1 banana, washed and peeled

Spread peanut butter or cream cheese on tortilla. Roll tortilla tightly around banana. Slice into pinwheels or serve whole. Makes 1 serving.

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Banana Wraps

Nutrition Facts

Serving Size 1 wrap

Amount Per Serving

Calories 397

% Daily Value*	
Total Fat 19g	29%
Sodium 288mg	13%
Total Carbohydrate 53g	41%
Dietary Fiber 5g	18%
Protein 12g	

Vitamin A 0% Vitamin C 13%
Calcium 4% Iron 8%

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Bean and Rice Burritos

- 1 small onion, chopped
- 2 cups cooked kidney beans or 1 (15-ounce) can, drained
- 2 cups cooked white or brown rice
- 8 (10-inch) flour tortillas
- ½ cup salsa
- ½ cup grated cheese

Preheat oven or electric skillet to 300°F. Mix onion, beans and rice. Put ½ cup of mixture in the middle of each tortilla. Fold tortilla sides to hold filling. Place each filled tortilla in baking pan or electric skillet. Bake 15 minutes. Serve with salsa and grated cheese. Makes 8 servings.

Source: The Pennsylvania Nutrition Education Program



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Bean and Rice Burritos

Note:

- This recipe is a good use of leftover cooked rice.

Nutrition Facts	
Serving Size 1 burrito (187g)	
Amount Per Serving	
Calories 370	
% Daily Value*	
Total Fat 8g	12%
Sodium 560mg	23%
Total Carbohydrate 60g	20%
Dietary Fiber 5g	20%
Protein 13g	
Vitamin A 2%	Vitamin C 4%
Calcium 15%	Iron 20%

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Bean Dip

- 2 cups canned kidney beans
- 1 tablespoon vinegar
- ¾ teaspoon chili powder
- ½ teaspoon ground cumin
- 2 teaspoons finely chopped onion
- 1 cup grated cheddar cheese

Source: The Pennsylvania Nutrition Education Program

Drain the kidney beans, reserving liquid in a small bowl. Place the beans, vinegar, chili powder and cumin in a medium bowl; mash with a fork. Add enough reserved bean liquid to make the dip easy to spread. Stir in the chopped onion and grated cheese. Store in a tightly covered container in the refrigerator. Use in 4 to 5 days.

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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.

Breakfast Banana Split

- ½ small banana
- ¼ cup crunchy nugget cereal, granola or favorite oat or corn cereal
- ¼ cup low-fat flavored yogurt or cottage cheese
- ¼ cup pineapple tidbits
- 1 tablespoon chopped nuts
- Maraschino cherries (optional)

Wash banana; peel and split lengthwise; place in a small cereal bowl. Sprinkle cereal over banana, reserving some for topping. Spoon yogurt or cottage cheese on top; drizzle with ½ teaspoon honey if using cottage cheese. Decorate with pineapple, cherry and reserved cereal. Makes 1 serving.

Source: University of Missouri Extension Family Nutrition Education Programs



UNIVERSITY OF MISSOURI EXTENSION

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Breakfast Banana Split

Note:

- Other fruits and different yogurts can be used in this recipe.

Nutrition Facts	
Serving Size 1 recipe	
Amount Per Serving	
Calories 298	
% Daily Value*	
Total Fat 6g	9%
Sodium 232mg	10%
Total Carbohydrate 59g	45%
Dietary Fiber 4.5g	16%
Protein 7g	
Vitamin A 17%	Vitamin C 16%
Calcium 10%	Iron 10%

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

Note:

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Confetti Bean Salsa or Salad

- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can corn, rinsed and drained
- 1 (16-ounce) jar salsa

Mix ingredients in a medium bowl. Serve as a dip or salad, or roll into a whole-wheat tortilla or pita pocket. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



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Confetti Bean Salsa or Salad

Nutrition Facts	
Serving Size 1/2 cup (149g)	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat 1g	2%
Sodium 550mg	23%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Protein 5g	
Vitamin A 4%	Vitamin C 6%
Calcium 4%	Iron 10%

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Serving Size 1/2 cup (149g)	
Amount Per Serving	
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Creamy Peanut Butter Fruit Dip

- ½ cup creamy peanut butter
- ¼ cup frozen unsweetened orange juice concentrate, thawed
- ½ cup plain low-fat yogurt

Beat together all ingredients until fluffy. Cover and chill. Serve with fruit. Makes 4 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



UNIVERSITY OF MISSOURI EXTENSION

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Creamy Peanut Butter Fruit Dip

Nutrition Facts	
Serving Size 1/4 cup	
Amount Per Serving	
Calories 230	
% Daily Value*	
Total Fat 16g	25%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Protein 10g	
Vitamin A 2%	Vitamin C 40%
Calcium 6%	Iron 4%

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Nutrition Facts	
Serving Size 1/4 cup	
Amount Per Serving	
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Crunchy and Fruity Yogurt Parfait

- 1 (6-ounce) container vanilla or flavored low-fat yogurt
- ¼ cup dry cereal or granola
- 1 small banana, sliced
- 2 tablespoons raisins or other dried fruit

Spoon some yogurt into 2 small glasses or bowls. Cover with a layer of cereal or granola. Add another layer of yogurt. Add a layer of banana slices. Add another layer of yogurt. Sprinkle with raisins. Makes 2 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

Stock Healthy



Shop Healthy

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Crunchy and Fruity Yogurt Parfait

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 170	
<hr/>	
% Daily Value*	
Total Fat 1g	2%
Sodium 75mg	3%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Protein 4g	
<hr/>	
Vitamin A 10%	Vitamin C 8%
Calcium 10%	Iron 8%
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Easy Red Beans and Rice

- Nonstick cooking spray
- 1 large onion, chopped
- 1 medium green bell pepper, seeded and chopped
- 1 teaspoon garlic powder
- 2 (14.5-ounce) cans diced tomatoes
- 1 (15.5-ounce) can kidney beans, drained and rinsed
- 6 cups cooked brown rice

Spray skillet with cooking spray. Cook onion and pepper over medium heat for 5 minutes or until tender. Add garlic powder, tomatoes and kidney beans. Bring mixture to a boil. Reduce heat to low; simmer for 5 minutes. Serve over rice. Makes 8 servings.

Source: Maryland Food Supplement Nutrition Education Program

Stock Healthy



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UNIVERSITY OF MISSOURI EXTENSION

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Easy Red Beans and Rice

Nutrition Facts	
Serving Size 1 cup (330g)	
Amount Per Serving	
Calories 270	
% Daily Value*	
Total Fat 2g	3%
Sodium 140mg	6%
Total Carbohydrate 55g	18%
Dietary Fiber 10g	40%
Protein 10g	
Vitamin A 15%	Vitamin C 30%
Calcium 6%	Iron 10%

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Nutrition Facts	
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Graham Cracker Treats

- ½ cup peanut butter
- 4 (5 × 2.5-inch) graham crackers, broken into 8 squares, or 8 (2.5-inch square) graham crackers
- 1 banana, peach, pear or other soft fruit, sliced thin

Spread a thin layer of peanut butter on each graham cracker square. Top four of the squares with fruit slices. Put another graham cracker square on top, with the peanut butter facing down. Makes 4 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

Stock Healthy



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Graham Cracker Treats

Note:

- Use canned fruit instead of fresh if you wish. Drain well, and cut into thin slices

Nutrition Facts	
Serving Size 1 square	
Amount Per Serving	
Calories 230	
% Daily Value*	
Total Fat 17g	26%
Sodium 170mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Protein 9g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 4%

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It’s-a-Snap Fruit Salad

- 2 apples, cut into chunks
- 2 bananas, sliced
- 1 cup canned pineapple chunks, drained (reserve juice in small bowl)
- ½ cup grapes

Place fruit in a bowl. Add a little pineapple juice to keep fruit from turning brown. Stir well. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



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- 1 cup canned pineapple chunks, drained (reserve juice in small bowl)
- ½ cup grapes

Place fruit in a bowl. Add a little pineapple juice to keep fruit from turning brown. Stir well. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



Recipe card instructions:

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It’s-a-Snap Fruit Salad

Note:

- Use any fresh fruit in season or other canned fruit (peaches, pears, apricots, mandarin oranges, etc.).

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 90	
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2%

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

Note:

- Use any fresh fruit in season or other canned fruit (peaches, pears, apricots, mandarin oranges, etc.).

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 90	
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Layered Black Bean Dip

- 1 (15-ounce) can black beans, drained and rinsed
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- ⅛ teaspoon garlic powder
- ⅛ teaspoon cayenne pepper
- ½ cup salsa, thick and chunky
- ½ cup light sour cream
- ¼ cup chopped onion
- 2 ounces grated reduced-fat cheddar cheese

Mash beans and mix with onion powder, oregano, garlic powder and cayenne pepper. Spread on a serving dish. Top with salsa, sour cream, onions and grated cheese. Makes 16 servings

Sources Cornell Cooperative Extension of Onondaga County

Stock Healthy



Shop Healthy

UNIVERSITY OF MISSOURI EXTENSION

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Layered Black Bean Dip

Nutrition Facts	
Serving Size 2 Tablespoons (39g)	
Amount Per Serving	
Calories 40	
% Daily Value*	
Total Fat 1.5g	2%
Sodium 150mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 2%

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

Nutrition Facts	
Serving Size 2 Tablespoons (39g)	
Amount Per Serving	
Calories 40	
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Magical Fruit Salad

- 1 (20-ounce) can pineapple chunks, drained
- ½ pound grapes
- 2 bananas, sliced
- 1¾ cups nonfat or lowfat milk
- 1 (3.5-ounce) package instant pudding mix, lemon or vanilla

Combine pineapple, grapes and banana slices in large bowl. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Let the mixture stand for 5 minutes and serve. Makes 12 servings.

Source: Oregon State University Extension Service



UNIVERSITY OF MISSOURI EXTENSION

Magical Fruit Salad

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Magical Fruit Salad

Nutrition Facts	
Serving Size 1/12 of recipe (130g)	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat 0g	0%
Sodium 140mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Protein 2g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 2%

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Minestrone Soup

- 16 ounces frozen vegetables, any type
- 30 ounces stewed tomatoes, canned, low-sodium
- 28 ounces broth, any flavor, canned, low sodium
- 15 ounces beans, canned, any type
- 1 teaspoon dried basil
- ¼ teaspoon pepper
- 1 cup uncooked pasta, any type

In a large pot, combine frozen vegetables, tomatoes, broth, beans, basil and pepper. Bring the soup to a boil. Add the pasta; reduce heat to low. Let simmer for 6 to 8 minutes or until pasta and vegetables are tender. Makes 6 servings.

Source: Rutgers Cooperative Extension

Stock Healthy



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UNIVERSITY OF MISSOURI EXTENSION

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Minestrone Soup

Nutrition Facts	
Serving Size 1 cup (438g)	
Amount Per Serving	
Calories 210	
% Daily Value*	
Total Fat 1.5g	2%
Sodium 560mg	23%
Total Carbohydrate 41g	14%
Dietary Fiber 8g	32%
Protein 11g	
Vitamin A 90%	Vitamin C 80%
Calcium 10%	Iron 15%

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No-Bake Breakfast Bar

- 3 large shredded wheat biscuits or 1 to 2 cups of any other cereal (granola, cornflakes, oat circles, etc.)
- 1 cup peanut butter
- 1/3 cup nonfat dry milk powder (optional)
- 1/4 cup honey or maple syrup
- 1/2 cup nuts or raisins (optional)

Crush the cereal. Mix all ingredients together. Press the mixture firmly into an 8 × 8-inch pan. Cut into squares to serve. Makes 12 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

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No-Bake Breakfast Bar

Notes:

- Children can help with this recipe by crushing the cereal or measuring the dry ingredients.
- Adding the nonfat dry milk powder adds protein, calcium and vitamin D.

Nutrition Facts	
Serving Size 1 square	
Amount Per Serving	
Calories 170	
% Daily Value*	
Total Fat 11g	17%
Sodium 100mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

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Peanut Butter Treats

- ¼ cup peanut butter, creamy or chunky
- ¼ cup honey or light pancake syrup
- ½ cup nonfat dry milk powder
- ¼ cup quick oats
- ¾ cup crisp rice cereal

Source: University of Missouri Extension Family Nutrition Education Programs

In a large mixing bowl, combine peanut butter, honey, dry milk, oats and ¼ cup of rice cereal. Shape into 1-inch balls. Put the remaining ½ cup rice cereal in a large zip-close bag and crush with hands. Place balls in bag and shake until balls are covered with cereal. Store in covered container in the refrigerator. Makes 18 pieces.



UNIVERSITY OF MISSOURI EXTENSION

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Peanut Butter Treats

Nutrition Facts	
Serving Size 1 piece	
Amount Per Serving	
Calories 50	
% Daily Value*	
Total Fat 2g	3%
Sodium 35mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%

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Nutrition Facts	
Serving Size 1 piece	
Amount Per Serving	
Calories 50	
% Daily Value*	
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Dietary Fiber 0g	0%
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Pumped-Up Pudding

- ¼ cup low-fat milk
- 1 (3.4-ounce) package instant pudding mix, any flavor
- 2 cups plain low-fat yogurt
- 1 cup bite-size fresh fruit pieces

Add milk to the instant pudding mix; stir until smooth. Add yogurt; stir. Refrigerate until ready to serve over fruit pieces. Makes 4 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

Stock Healthy



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- 2 cups plain low-fat yogurt
- 1 cup bite-size fresh fruit pieces

Add milk to the instant pudding mix; stir until smooth. Add yogurt; stir. Refrigerate until ready to serve over fruit pieces. Makes 4 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

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Recipe card instructions:

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Pumped-Up Pudding

Nutrition Facts	
Serving Size about 1 cup	
Amount Per Serving	
Calories 170	
% Daily Value*	
Total Fat 1.5g	2%
Sodium 240mg	10%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Protein 6g	
Vitamin A 2%	Vitamin C 15%
Calcium 20%	Iron 2%

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

Nutrition Facts	
Serving Size about 1 cup	
Amount Per Serving	
Calories 170	
% Daily Value*	
Total Fat 1.5g	2%
Sodium 240mg	10%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Protein 6g	
Vitamin A 2%	Vitamin C 15%
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Trail Mix

- Crisp no- or low-sugar cereal, such as Crispix
- Oat cereal, such as Cheerios
- Small pretzels
- Small animal-shaped cookies, such as animal crackers or Teddy Grahams
- Raisins or other dried fruit

Put each food into a separate small bowl. Place one spoonful from each bowl into a small plastic bag. Shake the bag to mix.

Source: University of Missouri Extension Family Nutrition Education Programs



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Trail Mix

Notes:

- Nutrition per serving varies with ingredients used.
- This is a great recipe to make with children.

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories	111
% Daily Value*	
Total Fat <1g	0%
Sodium 145mg	6%
Total Carbohydrate 27g	21%
Dietary Fiber 2g	7%
Protein 2g	
Vitamin A 0%	Vitamin C 5%
Calcium 2%	Iron 6%

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Tropical Carrot, Pineapple, Raisin Salad

- 1½ cups grated carrots
- 1 small can crushed pineapple
- ½ cup raisins
- ½ cup light mayonnaise

Put carrots, pineapple and raisins in a bowl; toss lightly. Add enough mayonnaise to moisten. Chill. Serve on lettuce or cabbage, if desired. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

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Tropical Carrot, Pineapple, Raisin Salad

Note:

- Add apples, celery or nuts such as walnuts, if you wish.

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 140	
% Daily Value*	
Total Fat 7g	11%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Protein 1g	
Vitamin A 90%	Vitamin C 8%
Calcium 2%	Iron 4%

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Note:

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Vegetable Fried Rice

- 2 tablespoons vegetable oil
- ½ cup chopped celery
- ¼ cup chopped onion
- 1 (10-ounce) package frozen vegetables
- 2 cups cooked white or brown rice
- 1 tablespoon reduced-sodium soy sauce
- Dash pepper

Heat oil in a large frying pan. Add celery and onion; stir fry for 2 minutes. Add vegetables; stir until vegetables are tender-crisp. Add cooked rice. Sprinkle with soy sauce and pepper. Stir fry for 2 minutes until the rice is heated and the flavors are blended. Makes 4 servings.

Source: The Pennsylvania Nutrition Education Program



UNIVERSITY OF MISSOURI EXTENSION

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Vegetable Fried Rice

Notes:

- Use reduced-sodium soy sauce to help keep sodium content low.
- This recipe is a good use of leftover cooked rice.

Nutrition Facts	
Serving Size 1 cup (186g)	
Amount Per Serving	
Calories 210	
% Daily Value*	
Total Fat 7g	11%
Sodium 290mg	12%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Protein 4g	
Vitamin A 25%	Vitamin C 10%
Calcium 4%	Iron 10%

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Veggie Noodles

- 16 ounces pasta, uncooked
- 2 cups canned vegetables, drained
- 1 cup spaghetti sauce
- ½ cup shredded cheese

Note: Use fresh or frozen vegetables instead of canned, if you wish. Cook just before adding to pasta. Or use leftover cooked vegetables.

Cook pasta according to package directions. Drain and return pasta to cooking pot. Add vegetables and spaghetti sauce. Heat over medium-low heat just until the vegetables are hot. Sprinkle with cheese just before serving. Makes 4 servings.



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Veggie Noodles

Nutrition Facts	
Serving Size 1/4 of recipe (435g)	
Amount Per Serving	
Calories 570	
<hr/>	
	% Daily Value*
Total Fat 9g	14%
Sodium 470mg	20%
Total Carbohydrate 98g	33%
Dietary Fiber 8g	32%
Protein 23g	
<hr/>	
Vitamin A 200%	Vitamin C 15%
Calcium 15%	Iron 30%
<hr/>	
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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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Zesty Veggie Pasta Salad

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	
% Daily Value*	
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%

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