



Zesty Veggie Pasta Salad

Servings: 8

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

8 ounces uncooked whole-wheat or regular pasta, any shape
1 cup Italian salad dressing
2 cups canned, fresh or frozen vegetables, cooked and cooled

1. Wash hands and surfaces.
2. Cook pasta by following the directions on the package.
3. Gently toss pasta and salad dressing. Fold in vegetables.
4. Cover and chill until ready to serve.
5. Refrigerate leftovers immediately.



Nutrition Facts

8 servings per container

Serving size 1 cup (103g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 310mg 13%

Total Carbohydrate 28g 10%

Dietary Fiber 4g 14%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 1mg 6%

Potassium 211mg 4%

*The % Daily Value 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.

Helpful Tips

- Choose fresh and frozen vegetables to get less sodium.
- Use leftover vegetables for this salad and add cubed cheese.
- Colored pasta doesn't have a lot of vegetables in it. Instead, add vegetables to pasta like this recipe does to boost your veggies.
- For fresh, local vegetables, go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Make this a main dish by adding diced cooked meat such as chicken or ham or a can of beans.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance