Pasta vegetable salad

A plate of pasta salad with vegetables
Recipe credit

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes

About this recipe

Serves
6
Serving size
1/6 of recipe

Ingredients

- 2 cups cooked pasta (any shape)
- 1 cup diced cucumber
- 1 large tomato, chopped
- 1/2 green pepper, medium (diced)
- 1/4 onion, medium (diced)
- 1/2 cup frozen peas (thawed)
- 1/4 cup Italian salad dressing

Directions

1. Mix all ingredients in a medium-sized bowl.
2. Cover and refrigerate for at least 1 hour.
3. Mix again before serving.
4. Refrigerate leftovers.

Nutritional info

Calories
119
Saturated fat
0 g
Cholesterol
0 mg
Sodium
110 mg
Total carbohydrates

20 g
Dietary fiber
2 g
Protein
4 g
Total sugar
3 g
Allergens
Soy

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