

Lunch or  
Side

## Pasta Salad

Cost: Per Recipe: \$3.10 Per Serving: \$0.26



For more healthy and affordable meals, check out <http://recipefinder.nal.usda.gov/>

### Pasta Salad

Serving Size: ½ Cup  
Yield: 12 Servings

#### Ingredients:

3 cups pasta, uncooked  
½ cup chopped celery  
1 medium chopped bell pepper  
½ cup diced carrots  
½ cup chopped broccoli  
⅓ cup mayonnaise  
1 ½ Tbs garlic powder  
¼ tsp black pepper

#### Instructions:

1. Cook pasta according to package directions.
2. Drain and place in bowl or pan.
3. Add the rest of the ingredients and mix well.
4. Cool in refrigerator before serving.

#### Nutrition Per Serving:

Calories 160, Calories from Fat 50, Protein 4g,  
Fat 6g(sat 1g), Carbohydrate 23g, Fiber 2g,  
Cholesterol 0mg, Sodium 45mg, Sugar 2g

#### Healthy Additions:

- Add chicken or tuna for more protein.

#### Healthy Tip:

- Choose whole grain or vegetable pastas.
- Great lunch or side at dinner.
- Make ahead for healthy meal planning.

**Be a smart  
shopper.**  
Read the food  
labels to find out  
more about the  
foods you eat.

• Pay attention to the serving size -- usually the first line on the label. The serving size is the manufacturer's estimate of how much a person is likely to eat at one time.

• The percent daily value shows how much of that ingredient's recommended daily amount you are getting in each serving.

• Limit foods with unhealthy amounts of saturated fat, trans fat and cholesterol.

• Favor foods with healthy fiber, vitamins and minerals.

Call your local health  
department for more  
information.



A healthier today for a  
brighter tomorrow.  
[www.LCDHD.org](http://www.LCDHD.org)

American Academy of Family  
Physicians guidelines