Pasta Salad

Serving Size: 1/2 Cup
Yield: 12 Servings

Ingredients:
- 3 cups pasta, uncooked
- 1/2 cup chopped celery
- 1 medium chopped bell pepper
- 1/4 cup diced carrots
- 1/4 cup chopped broccoli
- 1/4 cup mayonnaise
- 1 1/2 Tbs garlic powder
- 1/4 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.

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