

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

American Academy of Family
Physicians guidelines