



Cornell University

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## Pasta Salad

Makes 6 servings

### Ingredients:

- 2 cups cooked pasta (any shape)
- 1 cup cucumber, diced
- 1 large tomato, chopped
- ½ medium green pepper, diced
- ¼ medium onion, diced
- ½ cup frozen peas
- ¼ cup Italian salad dressing

### Directions:

1. Mix together pasta, cucumber, tomato, green pepper, onion, peas and salad dressing in a medium-sized bowl.
2. Cover and refrigerate.
3. Mix again before serving.
4. Refrigerate leftovers.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 cup (129g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 17mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 168mg	<b>4%</b>

\*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.

5% calories from fat

**Source:** Eating Smart Being Active curriculum Colorado State University and University of California Extension

*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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