

Italian Pasta Salad

Makes: 8 servings

Ingredients

4 cups pasta, cooked
2 cups broccoli (blanched, pieces)
1 cup carrot (cooked, slices)
1/2 cup red pepper (strips)
1/4 cup green onion (sliced)
2 Tbsp olive oil
2 Tbsp red wine vinegar
1 Tbsp Italian seasoning

Directions

- Mix all ingredients together and refrigerate for about 30 minutes before serving.

Total Cost: \$5.30

Serving Cost: \$0.66

Source: USDA: What's Cooking? USDA Mixing Bowl



Nutrition Facts	
8 servings per container	
Serving size	(107g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 166mg	4%

*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.