

Pasta Salad

Easy and delicious, make this tasty pasta salad for your next picnic.

Makes: 12 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Source: MyPlate.gov, Pasta Salad

Ingredients

- 3 cups pasta, uncooked
- 1/2 cup celery (chopped)
- 1 bell pepper (medium, chopped)
- 1/2 cup carrot (peeled and diced)
- 1/2 cup broccoli (chopped)
- 1/3 cup mayonnaise
- 1 1/2 tablespoons garlic powder
- 1/4 teaspoon black pepper

Directions

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.

Utensils Needed

- Sharp knife
- Cutting board
- Measuring spoons
- Measuring cups
- Vegetable peeler
- Large pot
- Mixing bowl
- Stirring spoon



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	143
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	3 mg
Sodium:	49 mg
Total Carbohydrates:	20 g
Dietary Fiber:	2 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	4 g

SHOPPING LIST

Average total cost without oil and seasonings: \$7.73

Average cost/serving: \$0.64

Recipe makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Carrots (2 lb. bag)



Add 1 to Cart
Light Mayonnaise (30 fl. oz.)



Add 1 to Cart
Bell Pepper



Add 1 to Cart
Celery



Add 1 to Cart
Broccoli (1 crown)



Add 1 to Cart
Whole Wheat Pasta (16 oz.)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Cool in refrigerator before serving. Refrigerate any leftovers within 2 hours.

Similar Recipes

- Consider trying similar recipes found on snapedny.org, such as:
 - Personalized Pasta Salad
 - Summer Squash Tuna Pasta Salad
 - Summer Vegetable and Pasta Salad