

## Lite Italian Pasta Bean Salad

### Ingredients:

- 1 c. spiral macaroni, dry (colored or regular)
- 1 small head fresh broccoli, cut into bite-size pieces
- 2 carrots, peeled and diced
- 1 tomato, diced
- 1 15-oz. can black or great northern beans, drained and rinsed
- 1/2 c. lite Italian dressing
- 1/2 c. grated Parmesan cheese

Featured in: Prairie Fare

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<http://www.ext.nodak.edu/extnews/newsrelease/2003/040303/03prairi.htm>

### Directions:

- Cook macaroni in large saucepan of water until just tender. Drain and rinse with cold water. In a large bowl, mix broccoli, carrots, and tomato. Add rest of ingredients to vegetables and stir gently. Cover and chill. Before serving, stir salad; add additional dressing if necessary to moisten.

*Makes 8 servings. Each serving contains 160 calories, 4 grams fat, 23 grams carbohydrate and 4.4 grams fiber.*

**NDSU** EXTENSION  
SERVICE