

# Garden Pasta Salad

## INGREDIENTS:

1/2 c. dry spiral macaroni\*  
(cooked according to directions)  
1/4 c. onion, finely chopped  
1/2 c. cucumber, finely chopped  
1/4 c. green or red bell pepper, diced  
1 Tbsp. vinegar  
1/2 Tbsp. canola oil or other salad oil  
1/4 tsp. salt  
1/4 tsp. pepper  
1/8 Tbsp. parsley, chopped (optional)

## DIRECTIONS:

Cook macaroni according to package directions. Drain. Prepare vegetables as directed. In a medium-sized bowl, combine macaroni, onions, cucumbers, and green peppers. Mix well. In a separate bowl, mix vinegar, oil, salt and pepper. If using parsley, add. Pour the prepared dressing over the pasta. Mix well. Cover bowl and refrigerate for 30 to 45 minutes, serving cold.

## NUTRITION:

*Makes 4 servings.*

*Each serving has 70 calories, 2grams (g) fat, 2 g protein, 10 g carbohydrate, 2 g fiber and 200 milligrams (mg) sodium.*