

Personalized Pasta Salad

This recipe contains a variety of fruits or vegetables, which may help protect you against many chronic diseases.

Ingredients:

- 2 cups (16 ounces) uncooked **pasta**, such as macaroni or rotini
- 1/2 cup **reduced-fat salad dressing**
- 2 cups cooked, cubed **chicken meat**
- 1 medium **tomato**, chopped
- 1 medium **red or green bell pepper**, cut in 1" pieces
- 1/2 medium **red onion**, diced
- 1 4-ounce can sliced **black olives**

Directions:

1. Measure 6 cups of water into a large pan.
2. Bring water to a boil over high heat, add pasta. Cook until tender (about 8 to 10 minutes), stirring occasionally. Drain. Rinse with cold water to cool quickly; drain well.
3. Add dressing; toss lightly.
4. Add meat and vegetables, toss again.
5. Chill until ready to serve.
6. Refrigerate leftovers within 2-3 hours.

Tips:

- Substitute cooked beef or pork, tuna, turkey, shrimp, or hardboiled egg for the chicken.

Nutrition Facts	
Serving Size 1/2 Cup (135g)	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 290mg	12%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 15g	
Vitamin A 4%	• Vitamin C 25%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

8 servings, 1/2 cup each

Source: Adapted from OFNP Curriculum, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu> (hp 2006)