

Vegetable Pasta Salad

6 servings

Foods from the grain group are a good source of fiber, iron, and B vitamins.

- 1 ½ cups whole wheat pasta, uncooked
- ½ cup vinegar
- ½ cup water
- ¼ cup sugar
- ⅓ cup vegetable oil
- ⅛ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- ¼ teaspoon dill weed
- ¼ teaspoon dried parsley
- 3 cups fresh vegetables*, scrub vegetables with clean vegetable brush under running water and chop, dice, or slice



1. Wash hands with soap and water.
2. Cook pasta according to package directions.
3. In a small saucepan, make dressing by combining vinegar, water, sugar, vegetable oil, salt, pepper, garlic powder, dill weed, and dried parsley. Bring to a boil then remove from heat and cool.
4. In a large bowl, combine pasta and vegetables.
5. Pour cooled dressing mixture over pasta and vegetables. Stir well.
6. Refrigerate 3 to 4 hours before serving.
7. Store leftovers in a sealed container in the refrigerator for up to 4 days.

*Any of these vegetables will work great: carrots, celery, broccoli, green pepper, red pepper, cucumber, onion and many more!

Nutrition Information per Serving:(1/6 of recipe) Calories 260, Total Fat 13g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 90mg, Total Carbohydrates 33g, Dietary Fiber 2g, Sugars 12g, Protein 4g, Vitamin A 100%, Vitamin C 30%, Calcium 4%, Iron 4%.