

Recipe of the Month – May 2011

Bountiful Pasta Salad

Try this light version of your favorite pasta salad.

Servings: 8

Ingredients:

8 ounces dried rotini pasta
1/2 pound fresh asparagus, cut into 1-inch pieces
1/2 cup red bell pepper, sliced thin
1/2 cup zucchini, sliced thin
1/2 cup red onion, chopped fine
1/2 cup artichoke hearts, quartered
1/2 cup frozen white corn, thawed
1/4 cup low-fat Italian dressing
3 T. white wine vinegar
2 T. fresh parsley, chopped fine
1/4 tsp. salt
1/8 tsp. ground black pepper
1/4 tsp. crushed red pepper flakes

Directions:

Cook pasta using package directions. Drain, rinse, and let cool. Place in a large bowl.

Meanwhile, steam asparagus for 5 minutes and immediately plunge into ice-cold water to stop cooking. Drain.

Add asparagus and remaining ingredients to pasta. Toss gently but thoroughly enough to where everything is evenly coated. Cover and refrigerate for 4–6 hours.

Nutritional Facts:

Calories: 128

Fat: 1

Saturated Fat:

Calories from Fat: 9

Cholesterol: 0

Dietary Fiber: 3

Sodium: 160

