

Shell Pasta Salad with Veggies

From U.S. Dept. of Agriculture



Ingredients:

Shell Pasta Salad -

- 10 oz. sm. shell pasta
- 1 ea. sweet green and sweet red pepper, diced
- 1 cup cucumber, diced
- 2 med. carrots, diced
- 1 rib of celery, diced
- 1 sm. red onion, diced
- 5 radishes, diced
- 1/4 cup lowfat cottage cheese (optional)

- 1 (7 oz.) can of tuna packed in water (optional)

Mustard Vinaigrette Dressing (optional) -

- 2 T. apple cider vinegar
- 2 T. olive oil
- 1/4 cup orange juice
- 2 tsp. mustard
- 1 T. grated parmesan cheese
- 1 tsp. garlic powder
- 1 tsp. dried oregano
- 1/4 tsp. salt

(over)

To Prepare:

First, make the mustard vinaigrette dressing by combining all listed ingredients in a jar and shaking well to blend. Refrigerate.

To make salad, cook pasta in lg. pot of water until firm-tender (al dente). Drain and rinse under cold water. Chill. Next, dice all veggies and add to pasta. If desired, add cottage cheese or tuna. Dress the salad with your homemade vinaigrette dressing or a purchased lowfat dressing. Serves 6.

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