



Dinner Tonight!

Whole Wheat Pasta Salad

3 cups 100% whole wheat pasta, cooked and drained
1 small bell pepper, diced
1/2 cup yellow squash, diced
1/2 cup tomato, diced
1/4 cup purple onion, diced
1/4 cup black olives, sliced
3 Tablespoons lemon juice
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon garlic powder

Cook pasta according to package directions; drain and set aside. Wash and prepare bell pepper, squash, tomato, onion, and olives as directed. Mix all ingredients together in a large bowl. Serve immediately or cover and refrigerate.

Preparation Time: 15 minutes
Cook Time: 0 minutes
Serves: 8 portions (2/3 cup each)

Nutrition facts per serving:
Calories: 79
Total Fat: 1 g
Cholesterol: 0 mg
Sodium: 203 mg
Total Carbohydrate: 16 g
Protein: 3 g

Serve with: A grilled chicken sandwich, deli style sandwich or hamburger.