

# PASTA SALAD

Serves 8 as a main dish and 16 as a side dish

1 1/2 cup serving as a main dish and 3/4 cup serving as a side dish

Not all meals that follow the MyPlate guidelines will look exactly like the plate, but as long as all food groups are included, it counts as a MyPlate meal. A pasta salad is a great example of this and can easily be modified based on what ingredients you have at home. Grains, vegetables, protein, and dairy can easily be included in the pasta salad. Add some fresh fruit as a side, and you have a full MyPlate meal!

- 1 (16 oz.) box whole wheat pasta
- 1 cup carrots, peeled and cut into 1/2 inch dice
- 1 cucumber, sliced into 1/2 in pieces
- 1 red or yellow pepper, cut into 1/2 inch dice
- 1 cup grape tomatoes, halved
- 2 cups cooked chicken (grilled, baked, or canned)
- 1 cup baby spinach
- 1 package (16 oz.) shredded mozzarella cheese
- 1 (8 fl oz.) bottle Italian dressing or vinaigrette

Prepare the pasta according to the package. Put the noodles in a large bowl. Add carrots, cucumbers, red or yellow pepper, grape tomatoes, and spinach to the bowl with the pasta. Cut the chicken into bite sized pieces and add to bowl. Add shredded cheese to bowl. Add salad dressing and mix until everything is well distributed.

| Pasta Salad               |                |      |
|---------------------------|----------------|------|
| Nutrition Facts           |                |      |
| Serving Size              | 1.50 Cups      |      |
| Amount Per Serving        |                |      |
| <b>Calories</b>           | <b>471.2</b>   |      |
|                           | % Daily Value* |      |
| <b>Total Fat</b>          | 15.2 g         | 19 % |
| Saturated Fat             | 5.2 g          | 26 % |
| Trans Fat                 | 0.3 g          |      |
| <b>Cholesterol</b>        | 70.6 mg        | 5 %  |
| <b>Sodium</b>             | 555.1 mg       | 24 % |
| <b>Total Carbohydrate</b> | 51.2 g         | 19 % |
| Dietary Fiber             | 5.4 g          | 19 % |
| Total Sugars              | 8.2 g          |      |
| Added Sugars              | - g            | - %  |
| <b>Protein</b>            | 34 g           |      |
| Vitamin D                 | 0.2 mcg        | 1 %  |
| Calcium                   | 234.8 mg       | 18 % |
| Iron                      | 2.8 mg         | 16 % |
| Potassium                 | 428.9 mg       | 9 %  |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.