

# Create a Pasta Salad

Serves 2-3

Combine your choice of ingredients together in a large bowl. Add dressing and seasonings, toss to coat adding more dressing as needed. Chill until serving time.

**Starch—start with:**

2 cups cooked pasta  
(any shape)

**Vegetables—add 2 cups  
fresh, canned or frozen:**

- Cauliflower
- Tomatoes
- Green beans
- Rutabaga
- Celery
- Peas
- Green pepper
- Carrots
- Broccoli
- Cucumbers
- Onions
- Olives
- Kohlrabi
- Radishes
- Zucchini

**Protein—add ½ cup:**

- Diced cheese
- Sunflower seeds
- Diced meat
- Kidney beans
- Pinto beans
- Garbanzo beans
- Nuts
- Tuna fish
- Canned meat
- Shrimp

**Dressing—select ONE—add ¼ cup:**

- Oil/vinegar dressing
- Low-calorie salad dressing
- Low-calorie ranch dressing
- Low-calorie Caesar dressing
- Olive oil

**Flavor—select ONE or MORE:**

- Salt
- Pepper
- Oregano
- Basil
- Dill weed
- Other spices or herbs



Source: Michigan State University Extension (2008). Eating Right is Basic. East Lansing, MI: Michigan State University Extension.