

# Rainbow Pasta Salad

Serves 6

- 8 ounces of rainbow pasta, cooked
- 1 cup cooked black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen or canned)
- 1 cup sliced carrots
- ½ cup sliced radishes
- ½ cup sliced green onions
- 1 cup broccoli florets, steamed
- 1 teaspoon olive oil
- 1 teaspoon of oregano
- 2 tablespoons vinegar (red wine or apple cider vinegar)



1. Cook pasta according to package directions; drain in colander and rinse with cold water.



2. Place all ingredients in a medium sized mixing bowl and mix well. Refrigerate until ready to serve. Looks and tastes great served on a bed of garden greens.

Nutrition information for 1¼ cup serving: calories 182, total fat 2g, sodium 8 mg, carbohydrates 36 g, dietary fiber 5g, protein 7g



Recipe from Communicating Food For Health, May 1999



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 : **Healthy Tip** :  
 : Looks and tastes great :  
 : served on a bed of :  
 : garden greens. :  
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