



OKLAHOMA FARM TO SCHOOL PASTA SALAD

SERVINGS: 50 CALORIES: 137 KCAL

This colorful pasta salad is the perfect side dish for any occasion. This recipe combines fresh and tasty vegetables with whole-wheat pasta and Italian dressing to create a fan favorite.

INGREDIENTS

1-1/2 gal +1 cup Vegetables, mixed (fresh broccoli, cauliflower, carrots and mushrooms) Washed and chopped

3 pounds Pasta, dry, whole-wheat

3-1/4 cups Dressing, fat-free, Italian

INSTRUCTIONS

1. Cook pasta as directed, drain and cool.
2. In a large bowl, mix all ingredients together.
3. Refrigerate until ready to serve.

RECIPE NOTES

Hold at 41° F or lower.

Crediting: 1/2 cup serving = 1/2 cup Veg and 1 oz eq. Grain

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 137 kcal | Fat: 0.6 g | Saturated fat: 0.1 g | Sodium: 286 mg | Carbohydrates: 29.2 g | Fiber: 4.5 g | Protein: 5.6 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.