



SWEET ITALIAN PASTA SALAD

PREP TIME: 20 minutes

SERVING SIZE: 1 cup

COOK TIME: 15 minutes

SERVES: 8

INGREDIENTS

- 4 cups (8.5oz dry) whole wheat rotini pasta, cooked and drained
- 1 cup fresh baby spinach, chopped
- 1 cup low sodium can corn, drained (or frozen, thawed)
- 1 cup grape tomatoes, halved
- ½ cup orange bell pepper, chopped
- 1 cup queso fresco, feta, or blue cheese, crumbled
- ½ cup light Italian dressing



PREPARATION

1. Cook pasta according to directions on box. While pasta is cooking prep your vegetables. Drain pasta and place in a large bowl.
2. Add the veggies; spinach, corn, tomatoes, pepper, queso fresco and combine.
3. Finally add the salad dressing to the mix until coated throughout (Every bite should have a taste of dressing).
4. Chill for at least 2 hours and serve with your favorite entrée.

Nutrition Facts

8 servings per container
Serving size 1 cup (128g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 300mg 13%

Total Carbohydrate 28g 10%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 1mg 6%

Potassium 252mg 6%

*The % Daily Value 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.

SOURCE

Liciousfood.wordpress.com – Sweet Italian Pasta

Recipe modified by CHOICES Nutrition Education Program



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ENSALADA DE PASTA ITALIANA

TIEMPO DE PREPARACIÓN: 20 minutos

TIEMPO PARA COCINAR: 15 minutos

TAMAÑO DE PORCIÓN: 1 taza

PORCIONES: 8

INGREDIENTES

- 4 tazas (8.5oz seco) de pasta Rotini trigo integral, cocido y escurrido
- 1 taza espinaca fresca, picada
- 1 taza de elote bajo en sodio, escurrido (o congelado, descongelado primero)
- 1 taza tomatitos, partir por la mitad
- ½ taza de pimienta, picado
- 1 taza de queso fresco, feta, desmenuzar
- ½ taza de aderezo italiano, light



PREPARACIÓN

- Cocinar la pasta según las instrucciones indicadas en la caja. Mientras se cocina la pasta prepara sus verduras. Escorra la pasta y coloque en un tazón grande.
- Agregue las verduras; espinaca, elote, tomate, pimienta, queso fresco y combinar.
- Por último añadir el aderezo a la mezcla hasta que cubra todo.
- Refrigerar por al menos 2 horas y servir con tu plato favorito.

FUENTE

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