

## **Garden Pasta Salad**

8 oz colored rotini pasta (about 3 cups)  
2 cups fresh broccoli florets  
1 cup sliced carrots  
1 cup grape tomatoes, cut in half  
½ cup bottled Italian dressing\*  
½ tsp dried Italian seasoning

Yield: 8 servings

### **Nutrient Value (1-cup serving )**

Calories: 186  
Carbohydrate: 29 g  
Protein: 6 g  
Saturated Fat: 1 g  
Fiber: 3 g

\*We used Marzetti® Roasted Garlic Italian Vinaigrette found in refrigerated salad section.

1. Cook the pasta al dente, according to the package directions. About 2 minutes before the pasta is done, add the broccoli and carrots. Cook until the pasta is al dente and the vegetables are crisp-tender. Drain well, rinse with cold water, and drain again.
2. Place the pasta mixture in a large bowl. Add the dressing and seasoning. Toss to mix well.
3. Cover the salad and chill for at least 2 hours before serving. Just before serving, mix in tomatoes. Add a little more dressing if the salad seems too dry.

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