

Pasta Vegetable Salad

May 2025 Recipe

Makes: 6 servings



Ingredients

- 2 cups cooked pasta
- 1 cup cucumber (diced)
- 1 large tomato (chopped)
- ½ medium green pepper (diced)
- ¼ medium onion (diced)
- ½ cup frozen peas (thawed)
- ¼ cup Italian salad dressing

Directions

1. Mix all ingredients in a medium-sized bowl.
2. Cover and refrigerate for at least one hour.
3. Mix again right before serving.
4. Refrigerate any leftovers.

Nutritional information for 1 serving

Calories	119
Total fat	3 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	110 mg
Carbohydrate	20 g
Dietary fiber	2 g
Total sugars	3 g
Added sugars included	1 g
Protein	4 g