

Quick Pasta Salad

10 Servings

What you need:

- 1 16 ounce box tricolor pasta (fusilli is recommended)
- 1 cup chopped broccoli
- 2 carrots, peeled and chopped
- 1 onion, thinly sliced
- 1 red bell pepper, chopped
- 1 cucumber, peeled and sliced
- $\frac{3}{4}$ cup Italian dressing



All you do:

1. Bring a large pot of water to boil. Add the pasta and cook until tender, about 8 minutes. Drain.
2. While the pasta is cooking, place the broccoli, carrots, onion and red pepper in a microwave-safe bowl. Cook in a microwave on high for 3 minutes. (If you don't have a microwave, blanch the vegetables)
3. Combine the cooked vegetables and cucumber with the pasta. Cover and refrigerate until chilled.
4. Pour the dressing over the salad when ready to serve. Toss to coat.

Nutritional Information: 210 Calories, 3g Fat, 7g Protein, 40g Carbohydrate, 153mg Sodium