Pasta Salad
Makes 10 servings

Ingredients:
- 8 ounces pasta spirals
- 1 stalk celery
- 1 small onion
- ½ green or red pepper
- 1 tomato
- 1 can (16 ounces) garbanzo beans, rinsed and drained
- 2 tablespoons Parmesan cheese
- ¼ cup low-fat Italian dressing

Italian dressing
- ¼ cup vinegar
- 3 tablespoons vegetable oil
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/2 teaspoon oregano

Directions:
1. Fill a 2-quart saucepan two-thirds full of water; bring to boil. Add pasta and cook 10 to 12 minutes, until tender (as directed on package). Drain.
2. Chop celery, onion, green or red pepper, and tomato.
3. In a serving bowl, combine chopped vegetables, garbanzo beans, and cooked pasta.
4. Add Parmesan cheese to Italian dressing and pour over pasta. Mix well. Cover and refrigerate.

Italian dressing
- Combine vinegar, oil, garlic powder, pepper and oregano in a container with lid. Shake to blend thoroughly. Or combine in a small bowl and mix well with a spoon.
- Cover and refrigerate.
Note: add other seasonings to taste such as 2 tablespoons lemon juice, 1/4 teaspoon onion flakes, or 2 teaspoons prepared mustard.

Source: Broome County Cornell Cooperative Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

Nutrition Facts
10 servings per container

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/10 of recipe (111g)</th>
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</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td>Calories 170</td>
</tr>
<tr>
<td>Total Fat 6g</td>
<td>8%</td>
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<tr>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
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<tr>
<td>Sodium 150mg</td>
<td>7%</td>
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<tr>
<td>Total Carbohydrate 25g</td>
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<tr>
<td>Dietary Fiber 3g</td>
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<tr>
<td>Total Sugars 1g</td>
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<tr>
<td>Includes 0g Added Sugars</td>
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<tr>
<td>Protein 6g</td>
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*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.

32% calories from fat

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