Pasta Salad

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

Italian dressing
1/4 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.

Yields about 10 servings.

Italian Dressing
1. Combine all ingredients in a container with lid. Shake to blend thoroughly. Or combine in a small bowl and mix well with a spoon.
2. 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.

Yields 1/2 cup

Source: Recipe from Broome County CCE

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