



Crookneck Squash Pasta Salad

Servings: 10

Serving Size: ½ cup

Ingredients:

- ½ cup pasta (macaroni, rotini, small shells), uncooked
- 1 small crookneck or yellow squash, washed
- 1 medium carrot, washed
- 1 ½ cups fresh spinach leaves, washed and dried, and stems removed
- 4 ounces low-fat or fat-free cheddar cheese, cubed (1 cup)

Dressing Ingredients:

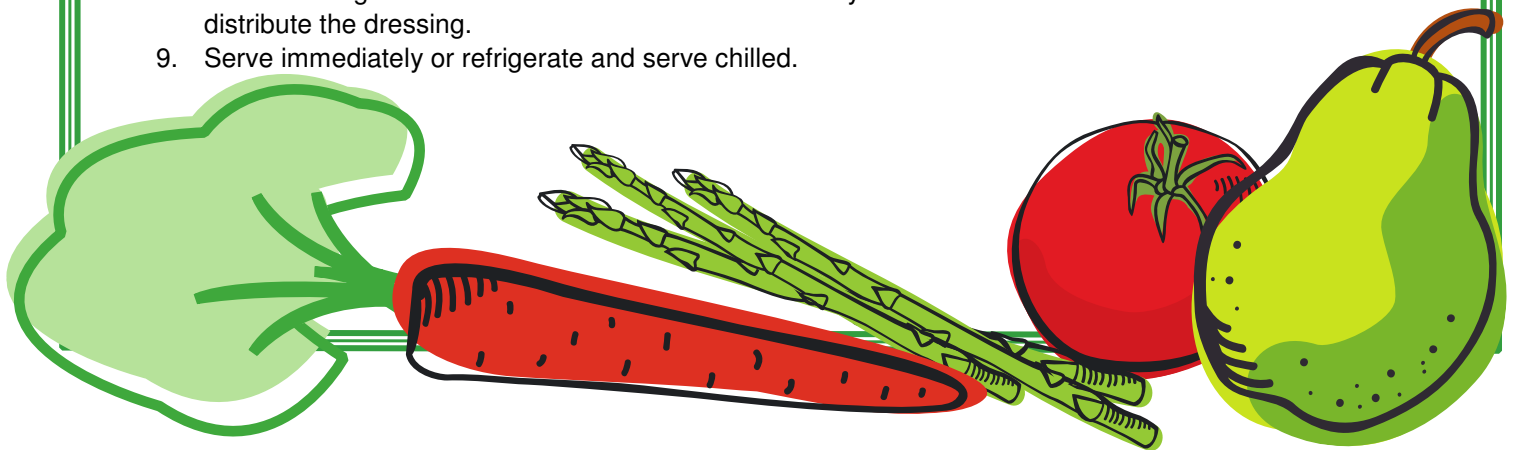
- 5 Tablespoons reduced-fat or fat-free mayonnaise
- 1½ Tablespoons orange juice
- ½ tsp dried sweet basil
- ½ tsp prepared mustard
- ½ tsp garlic powder
- ¼ tsp black pepper

Directions:

1. Cook pasta with water according to directions on the package.
2. Drain pasta. Chill in refrigerator if desired while preparing vegetables.
3. Wash the squash and carrots under cool tap water and scrub with a vegetable brush, trim ends and remove any bad spots. Do NOT peel either the squash or the carrots.
4. Cut the squash into small pieces and shred the carrots, then place both in a medium-size bowl.
5. Wash the fresh spinach in cool tap water with a salad spinner or colander and thoroughly dry. Remove stems and any bad leaves. Stack several spinach leaves on top of each other and roll together. Slice crosswise through the roll, making very thin slivers of spinach.
6. Add the pasta, spinach, and cheese to the squash-carrot mixture; toss to combine.
7. Make the dressing in a small bowl. Thoroughly blend mayonnaise, orange juice, dried basil, prepared mustard, garlic, and black pepper.
8. Pour dressing over the salad mixture and toss to evenly distribute the dressing.
9. Serve immediately or refrigerate and serve chilled.

Nutrition Facts

Serving Size 1/2 cup		Servings Per Container 10	
Amount Per Serving			
Calories 45	Calories from Fat 10		
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 80mg			3%
Total Carbohydrate 6g			2%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 4g			
Vitamin A 25%		Vitamin C 2%	
Calcium 6%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



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