



Garbage Pasta Salad

Servings: 8
Serving Size: 1 cup

Ingredients:

- 1/2 (16-ounce) box whole wheat pasta
- 6 ounces turkey salami, lean beef salami or baked ham, cut into cubes
- 6 ounces part-skim mozzarella or provolone cheese, cubed
- 1 small zucchini, washed and thinly sliced
- 1 cup sugar snap peas, washed
- 1 cup broccoli flowerets, washed and chopped
- 1/2 red pepper, chopped
- 1/2 red onion, thinly sliced
- 1/4 cup parsley or basil, washed and chopped
- 1/2 cup light Italian dressing
- 2 Tablespoon Parmesan cheese, grated
- Black pepper, to taste

Directions:

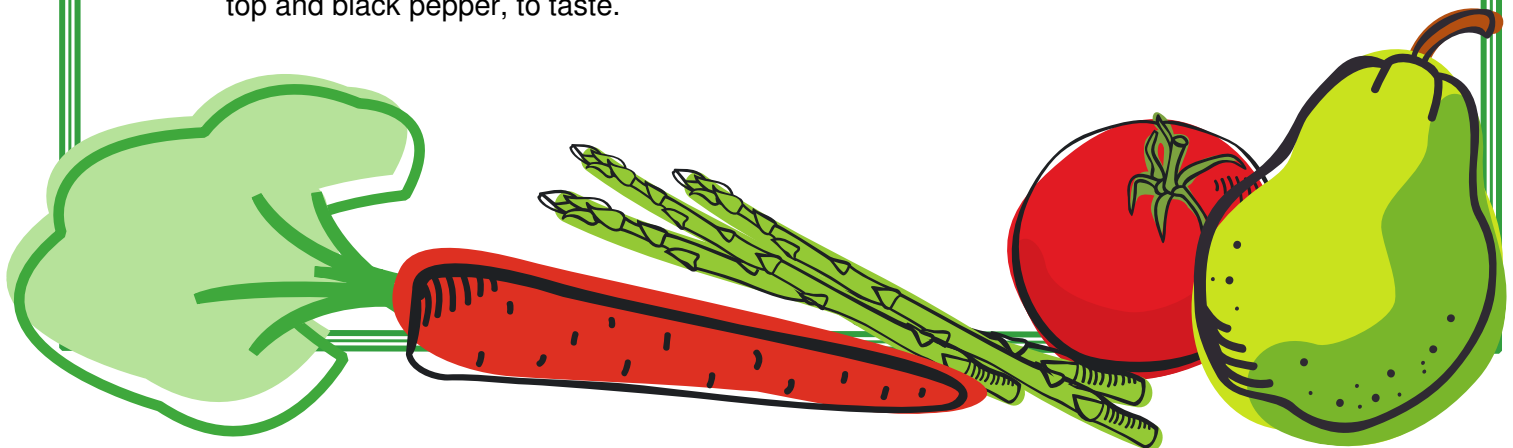
1. Boil the pasta according to package directions; rinse in cold water and drain well. Pour the drained, cool pasta into a large bowl.
2. On top of the pasta, add the salami, cheese, zucchini, pea pods, broccoli, red pepper, onion, parsley or basil and salad dressing. Stir well with a large spoon.
3. Serve with the Parmesan cheese sprinkled on top and black pepper, to taste.

Nutrition Facts	
Serving Size 1 cup cooked (174g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 520mg	22%
Total Carbohydrate 48g	16%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 18g	
Vitamin A 20%	Vitamin C 45%
Calcium 25%	Iron 15%

*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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