Pasta Salad

Serving Size: 1 Cup | Servings per Recipe: 6 | Heart Healthy

30 min

INGREDIENTS

- 1 box pasta (about 12 oz)
- 1 cup cucumber, chopped
- 1 cup cherry tomatoes, halved
- 1 cup cheese, cubed or shredded
- 1 can sliced black olives, drained
- ½–1 cup Italian dressing

DIRECTIONS

- Cook pasta according to package instructions with a pinch of salt.
- Drain and rinse pasta with cold water to cool.
- In a large bowl, mix pasta, cucumber, tomatoes, cheese, and olives.
- Pour dressing over the salad and stir to combine.
- Serve immediately or chill in the fridge for later.

Calories per serving: 313 | 14 g total fat | 39 g total carbohydrates | 320 mg sodium | 9 g protein

SECOND HARVEST FOOD BANK of MIDDLE TENNESSEE
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