

Traditional Pasta Salad

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Makes Approx.: 7, ½ cup servings

Items Needed: sauce pot, strainer, medium bowl, chef's knife, cutting board, measuring cups, measuring spoons, stirring spoon

Ingredients:

- 2 cups whole wheat pasta
- ½ cup cucumbers, chopped
- ¼ cup red onions, chopped
- ½ cup tomatoes, chopped
- ½ tbsp Italian seasoning
- 3 tbsp olive oil
- 1 ½ tbsp vinegar- red wine, balsamic, champagne, sherry
- Salt and Pepper to taste (nutritionals are based on ½ tsp salt and ¼ tsp of pepper)
 - Optional Additions:
 - Pepperoni
 - Cheese
 - White Beans

Nutrition Facts	
servings per container	
Serving size	(66g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 1mg	6%
Potassium 60mg	2%

*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.

Directions:

1. Cook pasta al dente according to directions on package
2. While pasta cooks, mix Italian seasoning with olive oil and vinegar of choice in medium bowl
3. Chop cucumbers, red onions, tomatoes and if using pepperoni and cheese- add to bowl with pasta sauce
4. When pasta is done cooking strain pasta from water and run cool water over pasta to cool noodles
5. Toss pasta with vegetables and dressing, coating well
6. Can be enjoyed immediately or after a few hours of chilling in the refrigerator letting the flavors deepen

Nutrition Information (per ½ cup serving): not including optional pepperoni, cheese or white beans