

# Pasta Salad

**Recipe Type:** Side Dish

**Serves:** 10

**Prep Time:** 20 minutes

**Cooking Time:** 25 minutes

**C** means cup      **T** means tablespoon      **t** means teaspoon      **oz** means ounce

## What you need:

3 C water

1–12 oz box dry rotini pasta (use tri-color to look like the picture)

4 medium tomatoes

1 cucumber

1 small onion

1 medium green pepper

1 garlic clove

¼ C canola oil

¼ C red wine vinegar

1 t salt

½ t oregano



This is a picture of 1 serving.

## What to do:

1. Wash your hands.
2. Boil water in a medium size pot.
3. Add the pasta and cook until the pasta is soft.
4. Dice the veggies and mince the garlic.
5. Mix the oil, vinegar, salt and oregano in a large bowl.
6. Drain the pasta and mix it with the oil in the large bowl.
7. Add the veggies and mix well.
8. Cool in the fridge for 10 minutes.
9. Serve and enjoy!

**Contains: Wheat**

## Nutrition Facts

10 servings per container

**Serving size**      **2/3 Cup (250g)**

**Amount per serving**

**Calories**      **200**

**% Daily Value\***

**Total Fat** 7g      **9%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 240mg      **10%**

**Total Carbohydrate** 29g      **11%**

Dietary Fiber 3g      **11%**

Total Sugars 3g

Includes 0g Added Sugars      **0%**

**Protein** 6g

Vitamin D 0mcg      **0%**

Calcium 21mg      **2%**

Iron 1mg      **6%**

Potassium 213mg      **4%**

\*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.

FK= 3.3