

Confetti Spaghetti Salad

Salad of the Month – June 2012



Colorful meals. Getting foods of different colors helps assure you get a variety of vitamins and minerals from meals.

Prep Time: 25 Min

Start to Finish: 1 Hr. 25 Min

Makes: 8 servings (3/4 cup each)

INGREDIENTS

1 pkg. (7 oz.) uncooked spaghetti, broken into thirds

2 cups Frozen mixed vegetables

1/4 cup coarsely chopped red onion

1 medium tomato, chopped (3/4 cup)

1/2 cup Italian dressing

DIRECTIONS

1. Cook spaghetti as directed on pkg., adding frozen mixed vegetables during last 5-7 min of cooking time; cook until vegetables are tender. Drain; rinse with cold water to cool. Drain well.
2. In medium bowl, gently toss all ingredients to coat. Cover; refrigerate at least 1 hr. to blend flavors.

Recipe Provides: Grains 1oz-equivalents, Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	170	Calories from Fat:	30
Total Fat:	3 g	Saturated Fat:	0 g	Cholesterol:	0 mg
Sodium:	260 mg	Total Carbohydrate:	30 g	Dietary Fiber:	3 g
Sugars:	3 g	Protein:	6 g		



This recipe was adapted from WWW.eatbetterearly.com