

Gazpacho Pasta Salad with Tomato-Lime Dressing

Salad of the Month – October 2013



Easy prep. Prepare the dressing, whole wheat pasta and veggies; combine for a nutritious lunch salad of many colors.

Prep Time: 20 Min

Start to Finish: 20 Min

Makes: 4 Servings

INGREDIENTS

Dressing

1/4 cup tomato juice
2 tablespoons olive or vegetable oil
2 tablespoons lime juice
1/4 teaspoon salt
1/8 teaspoon pepper
1 clove garlic, finely chopped

Salad

1 package (8 ounces) whole wheat pasta - rotini
1 large tomato, seeded and coarsely chopped (1 cup)
1 small cucumber, coarsely chopped (3/4 cup)
1 small bell pepper, coarsely chopped (1/2 cup)
4 medium green onions, sliced (1/4 cup)
1/2 green Anaheim chili, seeded and chopped
1 can (2 1/4 ounces) sliced ripe olives, drained
1/4 cup chopped fresh cilantro

DIRECTIONS

1. In tightly covered container, shake all dressing ingredients; set aside.
2. Cook and drain pasta as directed on package.
3. Mix pasta and remaining ingredients in large bowl. Pour dressing over mixture; toss. Serve immediately, or cover and refrigerate until serving.

Recipe Provides: Fats & Oils 2tsp, Grains 2oz-equivalents, Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	310	Calories from Fat:	80
Total Fat:	9 g	Saturated Fat:	1 g	Cholesterol:	0 mg
Sodium:	270 mg	Total Carbohydrate:	48 g	Dietary Fiber:	6 g
Sugars:	4 g	Protein:	9 g		

This recipe adapted from WWW.eatbetterearly.com