

Winter Fruit Pasta Salad

Salad of the Month December – 2014



Fruitful pasta. Combine pasta and a variety of fruit for a delicious and nutritious side dish.

Prep Time: 20 Min

Start to Finish: 50 Min

Makes: 8 servings

INGREDIENTS

- 1 cup uncooked small pasta shells (4 oz.)
- 1 medium apple, chopped
- 1 medium pear, chopped
- 4 medium green onions, chopped (1/4 cup)
- 1/4 cup chopped pecans
- 1/4 cup dried cranberries
- 1/3 cup fat-free mayonnaise or salad dressing
- 3 tablespoons orange marmalade
- 1/2 teaspoon dried marjoram leaves
- 1/4 teaspoon salt

DIRECTIONS

1. Cook and drain pasta as directed on package. Rinse with cold water; drain.
2. In large glass or plastic bowl, mix pasta, apple, pear, onions, pecans and cranberries. In small bowl, mix all remaining ingredients; stir into pasta mixture.
3. Cover and refrigerate until chilled, at least 30 minutes.

Recipe Provides: Fats & Oils 1tsp, Grains 1oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	150	Calories from Fat:	30
Total Fat:	3 g	Saturated Fat:	0 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	210 mg	Total Carbohydrate:	27 g
Dietary Fiber:	3 g	Sugars:	11 g	Protein:	2 g

