

Countryside Pasta Toss Salad of the Month August - 2015



Mix carrots, broccoli, snap pea pods with potatoes, pasta and ham and seasoning for a nutrient-rich dish that loaded with fiber.

Prep Time: 10 Min

Start to Finish: 25 Min

Makes: 4 servings

INGREDIENTS

1 cup uncooked rotini pasta (3 ounces)	1 tablespoon butter or margarine
3/4 pound new potatoes, cut into 1/2-inch wedges	2 tablespoons chopped fresh parsley
1 cup baby-cut carrots	1 teaspoon dried dill weed
1 cup broccoli flowerets	1/2 teaspoon salt
1/2 cup snap pea pods	2 ounces fully cooked ham, cut into thin strips

DIRECTIONS

1. Cook and drain pasta as directed on package.
2. While pasta is cooking, place steamer basket in 1/2 inch water in 3-quart saucepan (water should not touch bottom of basket). Place potatoes and carrots in basket. Cover tightly and heat to boiling; reduce heat to medium-low. Steam 5 minutes. Add broccoli and pea pods. Cover and steam about 2 minutes longer or until potatoes are tender.
3. Place vegetables in medium bowl. Add butter, parsley, dill weed and salt; toss until coated. Add ham and pasta; toss until coated.
4. Chill for at least 2 hours or serve immediately hot.



Recipe Provides: Fats & Oils 1tsp, Grains 1oz-equivalents, Meat & Beans 1oz-equivalents, Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size: 1 Serving	Total Fat: 5 g	Saturated Fat: 2 1/2 g
Calories: 240	Calories from Fat: 45	Carbohydrates: 39 g
Cholesterol: 15 mg	Dietary Fiber: 5 g	Sodium: 560 mg
Sugars: 4 g	Protein: 10 g	



Recipe adapted from www.eatbetterearly.com