

Winter Fruit Pasta Salad

Salad of the Month December - 2015



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

Cholesterol: 0 mg

Sugars: 11 g

Total Fat: 3 g

Calories from Fat: 30

Dietary Fiber: 3 g

Protein: 2 g

Saturated Fat: 0 g

Carbohydrates: 27 g

Sodium: 210 mg



Recipe adapted from www.eatbetterearly.com