

Pasta Salad with Herb Vinaigrette

This classic salad is a go-to recipe for an appetizer, main dish, or as a side.

Makes: 6 servings
Prep Time: 20 minutes

Source: MyPlate.gov

Ingredients

- 6 ounces uncooked whole wheat pasta, cooked, drained
- 1 cup chopped fresh broccoli
- 3/4 cup chopped tomato
- 1/2 cup Shredded carrot
- 6 hard cooked eggs (cut into wedges)

For the Dressing

- 1/4 cup white wine vinegar
- 2 tablespoons olive oil
- 2 tablespoons water
- 1 teaspoon dried basil leaves
- 1 teaspoon dried oregano leaves
- 3/4 teaspoon garlic salt

Directions

1. Whisk dressing ingredients in small bowl until blended.
2. Combine pasta, broccoli, tomato and carrot in large bowl; toss. Pour dressing over pasta mixture; toss until evenly coated. Add eggs; toss briefly.
3. Refrigerate, covered, at least 4 hours to blend flavors.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	220
Total Fat:	10 g
Saturated Fat:	3 g
Cholesterol:	185 mg
Sodium:	200 mg
Total Carbohydrates:	25 g
Dietary Fiber:	4 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	11 g

Utensils Needed

- Measuring cups
- Measuring spoons
- Sharp knife
- Cutting board
- Medium bowl
- Spatula or spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$7.00

Average cost/serving: \$1.17

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Whole Wheat Pasta



Add 1 to Cart
Carrots



Add 1 to Cart
Broccoli



Add 1 to Cart
Eggs



Add 1 to Cart
Tomato

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- For a different flavor or to reduce cost, use any other vinegar you have on hand.