

Garden Vegetable Pasta Salad

Ingredients

- 3 cups whole-wheat rotini, cooked
- 1 cup broccoli florets
- 1 cup cherry tomatoes, quartered
- ½ cup sliced carrot
- ½ cup sliced red onion
- ¼ cup grated Parmesan cheese
- 2 Tbsp fresh basil, chopped (or 2 tsp dried basil)
- 2 Tbsp fresh parsley, chopped (or 2 tsp dried parsley flakes)
- ¼ cup nonfat plain yogurt
- ¼ cup low-fat (1%) buttermilk
- ¼ cup low-fat ranch dressing

Directions

1. Combine first eight ingredients in a large bowl.
2. Combine yogurt, buttermilk, and ranch dressing in a small bowl.
3. Stir well.
4. Pour mixture over salad, toss to coat.

Nutrition Information makes 7 servings (serving = 1 cup)

Per Serving

Calories: 145
Fat: 3g
Carbohydrate: 23g
Protein: 6g
Fiber: 2g
Sodium: 158mg



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