

Microwave Pasta Salad

Makes 6 servings

Ingredients

- 1 stalk celery, minced
- ½ cup thawed and drained frozen peas
- ½ tablespoon dehydrated onion flakes
- 3 tablespoons chopped green onions (white and green parts)
- 1 teaspoon red wine vinegar
- 1 tablespoon mayonnaise
- ½ tablespoon sweet pickle relish
- 1 ½ cups water
- 1 cup dry whole-grain shell pasta

Directions

1. In a small bowl, combine first 7 ingredients. Stir. Cover and set aside.
2. In a large microwave-safe bowl, combine water and pasta shells. Stir. Place in the microwave and cook on high power for 7 minutes, stopping to stir halfway through. Check for doneness (“al dente”) and cook in 1-minute increments until done, adding water as needed. When pasta is cooked, you have two options: **To enjoy a warm pasta salad**, drain any remaining water and return to the large bowl. **To enjoy a cold pasta salad**, rinse the cooked pasta under cold water before draining and return to the large bowl.
3. Add mixture (made in step 1) to pasta. Stir. Enjoy!



SIDE DISH



TIP

Make this a main dish salad by adding chicken, tuna or chickpeas and more color with corn, chopped red bell pepper and fresh basil too!*

*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

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Nutrition Facts

Serving Size 1/2 cup salad (137g)
Servings Per Container 6

Amount Per Serving

Calories 90 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 3g

Vitamin A 6% • Vitamin C 4%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat
Carb choices per serving: 1