

Spring Vegetable Pasta Salad

Nutritional information on back.



Fold or cut here to fit in recipe box.

Spring Vegetable Pasta Salad

- 1 package (1 lb.) medium pasta shells
- 1 pound fresh asparagus, cut into 2-inch pieces
- 1 package (1 lb.) frozen baby peas
- 1 orange bell pepper, chopped
- 1 cup cherry tomatoes, halved
- 1 cup light or reduced-fat mayonnaise
- 2 ounces lemon yogurt
- 2 Tbsp. lemon juice
- 1 tsp. dried parsley
- Salt and pepper to taste

Cook pasta shells per package directions, adding asparagus pieces during the last 4 minutes of cooking time. Meanwhile, place frozen peas in a colander in the sink. When pasta is tender and asparagus tender-crisp, pour into colander over peas.



Drain well and add bell pepper and tomatoes. In a large bowl, combine mayonnaise, yogurt, lemon juice, parsley, salt and pepper. Blend with a wire whisk. Add pasta mixture and stir gently to coat. Cover and refrigerate for a minimum of 2 hours before serving. Makes 10 servings

Nutritional information per serving

298 calories, 8 g total fat (1 g saturated fat), 55 g carbohydrate, 10 g protein, 5 dietary fiber, 165 mg sodium.