

# Quick Pasta Salad

## Ingredients

1 16 ounce box tricolor pasta (fusilli is recommended)	1 onion, thinly sliced
1 cup chopped broccoli	1 red bell pepper, chopped
2 carrots, peeled and chopped	1 cucumber, peeled and sliced
	3/4 cup Italian dressing

## Directions

1. Bring a large pot of water to boil. Add the pasta and cook until tender, about 8 minutes. Drain.
2. While the pasta is cooking, place the broccoli, carrots, onion and red pepper in a microwave-safe bowl. Cook in a microwave on high for 3 minutes. (If you don't have a microwave, blanch the vegetables)
3. Combine the cooked vegetables and cucumber with the pasta. Cover and refrigerate until chilled.
4. Pour the dressing over the salad when ready to serve. Toss to coat.



*Makes 10 servings*

*Nutrition information per serving:  
210 Calories, 3g Fat, 7g Protein, 40g  
Carbohydrate, 153mg Sodium*