Pasta Salad Mix and Match

Pick foods of each type to make your salad:

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Amount</th>
<th>Some Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasta</td>
<td>4 ounces (1 cup uncooked)</td>
<td>Bow tie noodles, elbow macaroni, rigatoni</td>
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<tr>
<td>Protein</td>
<td>1 ½ cups (total), cut bite-sized</td>
<td>Cooked chicken, hard-cooked egg, cooked or canned white or kidney beans, canned tuna</td>
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<tr>
<td>Vegetables</td>
<td>1 ½ cups (total), cut bite-sized</td>
<td>Raw, cooked or canned: A mix of broccoli, carrots, peas, corn, green or red pepper, tomatoes, onions</td>
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<tr>
<td>Salad dressing</td>
<td>¼ cup</td>
<td>Italian, French, ranch, vinaigrette, thousand island (try using reduced calorie dressing)</td>
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1. Measure 6 cups of water into a large pan. Add 1 teaspoon salt and ½ teaspoon vegetable oil.
2. Bring water to a boil over high heat. Add uncooked pasta. Cook (uncovered) following package instructions until tender but firm. Stir occasionally.
3. Drain off water. Rinse pasta with cold water (to prevent sticking.) Drain well again.
4. Drain canned food. Measure and mix all ingredients in a large bowl.
5. Chill in refrigerator until ready to serve.
6. Refrigerate leftovers soon.
Makes about 4-5 cups.
Serve with your favorite bread and a cup of raw or canned fruit.
Food for Later

Handle leftovers properly to avoid costly waste and foodborne illness:

- Refrigerate leftover salad in a covered container right after your meal.
- Label with the date on a piece of tape. Use the salad within 3-4 days.

Tips for Vegetable Picks

Health-wise:

- Eat a variety of colorful vegetables to protect your health.
- Include dark green (such as broccoli and dark leafy greens) and orange (such as carrots and sweet potatoes).
- Eat more dried beans and peas (such as pinto beans and lentils), too.

Best Buys:

- Buy quantities of vegetables that you can use before they spoil.
- Don’t buy vegetables that are cracked, shriveled, bruised, or moldy.

Easy ways:

- Reduce kitchen clean-up with one-dish meals.
- Keep a container of sliced raw vegetables in the refrigerator for quick, low calorie snacks.

Thanks to our vegetable artist:
Ryan, 2nd grade

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