



Pasta Salad

Makes 8 servings

Ingredients

12 ounces tricolor rotini pasta
1 cup fat-free zesty Italian dressing
1 tablespoon pasta salad seasoning
1 cup canned chickpeas

2 cups diced cucumber
1 cup cheese crumbles
1 cup cubed turkey
½ cup diced cherry tomatoes

Instructions

1. Boil pasta until tender, then strain and cool.
2. Place ingredients in a medium-sized bowl, stir and cover.
3. Refrigerate overnight.
4. Stir again.
5. Serve cold.

Nutrition Facts

Serving size: ⅛ recipe; calories per serving: 395; carbohydrates: 59g; protein: 20g; fat: 0.8g; saturated fat: 3g; sugars: 6g; fiber: 0.7g; cholesterol: 25mg; sodium: 427mg

