



Garden Pasta Salad

You'll Need: A large bowl and a medium pot.

Preparation Time: 35 minutes

Ingredients	Amount for Six
Elbow Macaroni	Two cups
Low fat mayonnaise	1/3 cup
Plain yogurt	1/3 cup
Olive oil	2 tablespoon
Vinegar	1 tablespoon
Garlic	1 clove minced or 1/8 teaspoon powder
Tomato, chopped	1 whole
Bell Pepper, diced	1 cup
Carrots, grated	1 cup
Canned Olives, pitted, chopped	½ cup

Method:

Step 1: Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water.

Step 2: Whisk mayonnaise, yogurt, oil, vinegar, garlic, in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrot and olives; toss to coat well.

Nutrients per serving

Calories: 205 kcals

Fat: 9.0 g

Carbohydrates: 26.0 g

Protein: 5.0 g

Sodium: 300mg

Fiber: 4.0 g

