

Elbow Pasta Salad



INGREDIENTS

- 1 16-oz packaged elbow macaroni pasta (whole wheat optional)
- 3 tbsp. of oil (canola, olive, or vegetable)
- 3 tbsp. of lime juice
- 1/2 cup fat-free or light mayonnaise
- 1 cup of chopped celery
- 1 cup of chopped bell pepper
- 1/2 cup of sliced green onions
- 1 4-oz jar of diced pimentos
- 1 cup of sliced black olives
- 1 box or package (12-oz) of frozen peas, thawed

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PREP TIME: 25 minutes **CHILL TIME:** Overnight

DIRECTIONS

1. Wash your hands and clean your cooking area.
2. Boil elbow pasta according to package directions. Drain.
3. Mix elbow pasta, oil, and lime juice in a bowl.
4. Cover bowl with lid, plastic wrap, or aluminum foil. Refrigerate overnight.
5. The next day, wash and prepare fresh vegetables. Add mayonnaise, celery, bell pepper, onions, pimentos, olives, and peas to the elbow pasta mixture. Mix well.
6. If desired, season with onion powder, garlic powder, salt, and pepper.
7. Serve cold and refrigerate leftovers.

Nutrition Facts

12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 2mg	10%
Potassium 193mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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