



Kielbasa – Pasta Salad

Ingredients

- ¾ cup tomato, chopped
- ¾ cup cucumber, chopped
- ¾ cup broccoli, chopped
- 2 cups cooked pasta
- 4 ounces low-fat kielbasa
- ¼ cup fat-free Italian dressing
- ½ teaspoon Parmesan cheese
- ¼ cup garbanzo beans, cooked
- 2 ounces non-fat or low-fat mozzarella cheese

Makes 4 servings

Instructions

1. Clean and prepare vegetables.
2. Mix all ingredients together; reserve 1-2 Tablespoons of dressing until serving time to refresh the salad.
3. Let chill at least 1 hour.

Note:

- Try adding pepper, carrots, celery, cauliflower, radishes, onion, mushrooms, etc.

Nutrition Facts

Serving Size 1 1/4 cup
Servings Per Container 4

Amount Per Serving

Calories 220 **Calories from Fat 45**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 530mg **22%**

Total Carbohydrate 32g **11%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 13g

Vitamin A 10% • Vitamin C 35%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

18% calories from fat

Source: Cornell Cooperative Extension of Schoharie County

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