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Pasta Salad with Ham

Ingredients

2 cups pasta, cooked

¼ cup celery, chopped

½ green or red pepper, chopped

1 cucumber, cubed or sliced

1 medium tomato, chopped

1 medium carrot, thinly sliced

¾ cup garbanzo beans, canned, drained

½ cup reduced fat cheddar cheese, shredded

4 ounces cooked ham, cubed

½ cup Italian dressing, lite

Makes 4 servings

Instructions

1. Cook pasta according to package directions.
2. In large bowl, combine pasta, celery, green pepper, cucumber, tomato, carrot, garbanzo beans, cheese, and ham. Stirring gently to mix.
3. Add salad dressing at this time and toss, reserving 2 tablespoons dressing until serving time to refresh the salad. Let chill at least one hour before serving.

Note:

- May substitute meat of your choice. Meat may also be omitted.
- May substitute dressing of your choice in place of the lite Italian dressing.

Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 320	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 900mg	**38%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 6g	**24%**
Sugars 6g	
Protein 16g	

Vitamin A 80% • Vitamin C 50%
Calcium 25% • Iron 15%

*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

28% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. February 2009

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