

Tangy Crisp Vegetable and Pasta Salad

Yield 6 servings

Ingredients

1/2 cup	pasta, uncooked (such as shells, macaroni, etc)
1/4 cup	vinegar
2 tablespoons	sugar
1/2 teaspoon	garlic powder
1/8 teaspoon	black pepper
1/2	cucumber (medium, peeled, seeded, and coarsely chopped)
1/2	carrot (medium, thinly sliced)
1/2	tomato (medium, coarsely chopped)
1/4	green pepper (coarsely chopped)
1/2 cup	broccoli florets (coarsely chopped)
1/2 cup	radishes (thinly sliced)
2 tablespoons	onion, green or red (coarsely chopped)

Instructions

1. Wash your hands and work area.
2. Cook pasta according to package directions but do not add salt to cooking water. Drain, rinse with cool water, and drain again.
3. Meanwhile, in a small saucepan, combine vinegar, sugar, salt, garlic powder and black pepper. Stir and heat over medium heat until sugar is dissolved, but do not boil. Let cool.
4. Rinse, drain, and chop remaining ingredients. Combine in a shallow container, such as an 8x8 inch pan.
5. Add cooked pasta, and vinegar mixture. Mix gently.
6. Cover and refrigerate overnight to allow flavors to blend.
7. Serve cold using a slotted spoon.
8. Cover and refrigerate leftovers within 2 hours.

Cost

Per recipe: \$1.84

Per serving: \$0.31

Source

Kansas State University Research and Extension, [Fix it Fresh! Recipe Series](#)

Nutrition Facts

Serving Size 1/6 of recipe (77g)
Servings Per Container 6

Amount Per Serving

Calories 60 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 2g

Vitamin A 25% • Vitamin C 25%

Calcium 2% • Iron 2%

*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