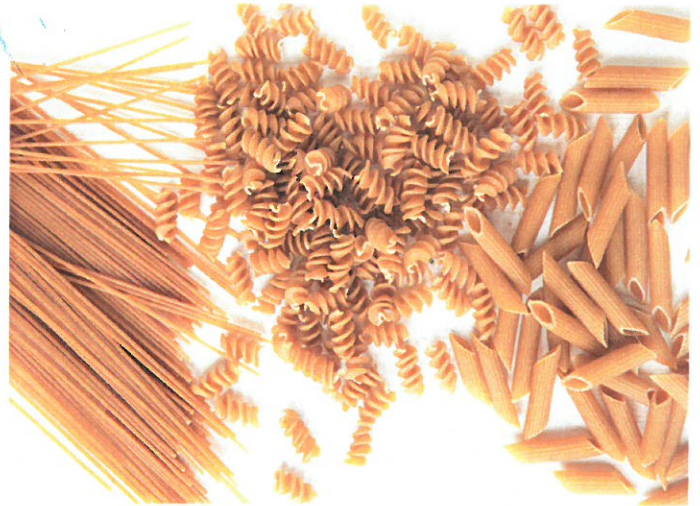


# Summer Squash Pasta Salad with Homemade Dressing

Serves: 6 - Serving size: ½ cup

## Ingredients:

- 1 cup cooked whole wheat pasta; penne, fusilli, farfalle or macaroni noodles
- 1 yellow squash
- 1 zucchini
- 1 tomato
- 1/2 small red onion or ½ cup scallions
- 1/2 cup shredded mozzarella cheese
- ½ cup basic salad dressing (see reverse side for recipe)
- 1 tablespoon salt and pepper to taste



## Directions:

1. Cook pasta with salt according to packaged instructions.
2. Dice vegetables into small, bite sizes pieces and place in large bowl.
3. Add mozzarella cheese and salad dressing.
4. Add cooked pasta and toss to combine. Add salt and pepper to taste.
5. Serve immediately or can be prepared ahead of time and refrigerated for up to 4 days.

Nutrition facts per serving (1/2 cup):

155 Calories  
18 g Carbohydrate  
7 g Protein  
7 g Fat  
373 mg Sodium