

Pasta Salad, Pizza Style

Ingredients

2½ cups pasta, cooked (any type!)
½ cup black or green olives
1 diced tomato
½ medium green pepper, diced
½ cup onions, diced
1 cup mozzarella cheese, shredded
4 tbsp light Italian dressing

Directions

Combine all ingredients in a bowl.
Add Italian dressing and stir well.
Chill and serve. Makes 4 servings.



Notes

Other vegetables may be added as desired. For additional fiber and nutritional value, use whole-wheat pasta. Total fat may be slightly higher than the sum of individual fat totals due to rounding or lack of available information (some food items in the software do not have an indicated breakdown of mono- and polyunsaturated fats).

Menu Suggestions

Serve with grilled lean meat and vegetables.

Nutrition Facts

Per Serving

Calories: 207 | Fat: 9.1g | Sat Fat: 3.5g | Monounsat Fat: 0.5g | Polyunsat Fat: 0.2g |
Sodium: 409.3mg | Carbs: 22g | Fiber: 3g | Protein: 10.5g