

Pasta Salad with Herb Vinaigrette

Prep time: 20 minutes

Makes: 6 Servings

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Ingredients

6 ounces uncooked whole wheat pasta, cooked, drained

1 cup chopped fresh broccoli

3/4 cup chopped tomato

1/2 cup Shredded carrot

6 hard cooked eggs (cut into wedges)

For the Dressing

1/4 cup white wine vinegar

2 tablespoons olive oil

2 tablespoons water

1 teaspoon dried basil leaves

1 teaspoon dried oregano leaves

3/4 teaspoon garlic salt

Directions

1. Whisk dressing ingredients in small bowl until blended.
2. Combine pasta, broccoli, tomato and carrot in large bowl; toss. Pour dressing over pasta mixture; toss until evenly coated. Add eggs; toss briefly
3. Refrigerate, covered, at least 4 hours to blend flavors.

Notes

For a different flavor or to reduce cost, use any other

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	220	
Total Fat	10 g	15%
Protein	11 g	
Carbohydrates	25 g	8%
Dietary Fiber	4 g	16%
Saturated Fat	2.5 g	13%
Sodium	155 mg	6%

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 ounce
Protein Foods	1 ounce

vinegar you have on hand.