

## Pasta Primavera Salad

12 ounces whole-grain pasta  
1 package frozen mixed vegetables  
1 package dry vegetable soup mix  
1 cup low-fat salad dressing (unsalted)  
½ cup reduced-fat cheese (shredded)  
3 hard-boiled eggs (sliced)

### PREPARATIONS

1. Cook pasta according to package directions. Rinse in cold water to stop cooking and prevent sticking. Drain.
2. Cook vegetables until just tender. Drain and cool.
3. Combine cold pasta, vegetables, envelope of soup mix and salad dressing.
4. Top with sliced eggs and cheese.
5. Refrigerate until time to serve.

Makes: 6 servings

### Nutritional Information (per serving)

Total Calories	365
Total Fat	6 g
Protein	16 g
Carbohydrates	61 g
Dietary Fiber	5 g
Saturated Fat	2 g
Sodium	558 mg
Total Sugars	8 g

Source: USDA