

Vegetable Pasta Salad

6 ounces corkscrew pasta, uncooked (about 2 cups)

14-16 ounces canned green beans, drained

8 ounces canned whole kernel corn, drained

8 ounces canned sliced carrots, drained

2 1/2 ounces canned sliced ripe olives, drained

1 cup bottled low-calorie Italian dressing

3/4 cup sliced green onion (about 1)

3/4 cup diced red or green pepper (about 3/4)

6-8 romaine lettuce leaves, if desired

Optional:

1 cup cooked, cubed, boneless, skinless chicken

- Cook pasta as package directs; rinse with cold water and drain well.
- In a large bowl, combine all ingredients except lettuce; toss to coat vegetables and pasta with dressing. Serve on lettuce-lined plates, if desired. Makes 6-to-8 servings.

Selection and Storage

Carrots

Pick carrots that are firm, well-shaped and have a bright orange color. Avoid soft or cracked carrots.

Remove green leaves and refrigerate. Use within 1–2 weeks.

Corn

Look for cobs with shiny, plump, firm kernels. Avoid corn with tiny kernels or decay.

Refrigerate and use within 3–5 days.

Peppers

(chili, sweet, bell, hot, banana)

Select firm, smooth peppers that have a shiny color. Avoid peppers with soft spots or bruised skin.

Refrigerate and use within 3–5 days.