

## **Wow-y Maui Pasta Salad**

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=12&cId=8&rId=153>

### **Ingredients**

- 2 cups (8 oz.) whole-wheat rotini (spiral) pasta
- 1 cup fresh or frozen snow peas, sliced thinly on an angle
- 1/2 cup cucumber, peeled and diced
- 1/4 cup carrots, peeled and diced
- 1 can (8 oz.) pineapple chunks in juice, diced: set aside 1/4 c. juice
- 1/2 cup fat-free plain yogurt
- 1 Tbsp. fresh chives, rinsed, dried, and chopped (or 1 tsp. dried)
- 1 Tbsp. fresh parsley, rinsed, dried, and chopped (or 1 tsp. dried)
- 1/4 tsp. each salt and black pepper

### **Instructions**

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook until tender, about 8 minutes. Drain, cool, and set aside
2. In the meantime, place peas in a microwavable dish, add enough water to keep moist, and microwave for 1–2 minutes, or until warm.
3. Meanwhile, combine the remaining ingredients together in a separate bowl, and toss gently.
4. Add cooked pasta and peas, and toss gently to coat the pasta.
5. Serve immediately, or refrigerate for later use.

**Makes 4 servings, 2 cups per serving.**

### **Nutrition information per serving:**

Calories: 273	Dietary Fiber: 7 g
Total Fat: 2 g	Sodium: 171 mg
Saturated Fat: 0 g	Protein: 10 g
Cholesterol:	Carbohydrates: 56 g