

# GARDEN PASTA SALAD

Recipe of the Month | JULY

## INGREDIENTS

- 2 cups whole-wheat rotini, (6 ounces)
- 1/3 cup reduced-fat mayonnaise
- 1/3 cup low-fat plain yogurt
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red-wine vinegar, or lemon juice
- 1 clove garlic, minced
- 1/8 teaspoon salt
- Freshly ground pepper, to taste
- 1 cup cherry or grape tomatoes, halved
- 1 cup diced yellow or red bell pepper, (1 small)
- 1 cup grated carrots, (2-4 carrots)
- 1/2 cup chopped scallions, (4 scallions)
- 1/2 cup chopped pitted kalamata olives
- 1/3 cup slivered fresh basil

## DIRECTIONS

1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water.
2. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

## WAC Fun Food Fact

This pasta salad provides a great fuel source for your active summer lifestyle! The plain yogurt turns a creamy dressing into a lower calorie option that still has plenty of flavor.



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Per serving: 205 calories; 9 g fat (2 g sat, 5 g mono);  
1 mg cholesterol; 29 g carbohydrates; 6 g protein; 4 g fiber;  
291 mg sodium; 269 mg potassium.