



Garden Vegetable Pasta Salad

Ingredients:

- 8 oz. palmini pasta
- 2 celery stalks, chopped
- 1 red bell pepper, seeded and chopped
- 1 cup mushrooms
- 12 oz. can tuna fish in water, drained
- 1 cup Walden Farms Thousand Island Salad Dressing
- ¼ cup Walden Farms Ranch Salad Dressing
- ¼ cup basil, minced

Directions:

1. Cook Palmini according to instructions, drain and set aside.
2. In a large bowl, combine the rest of the ingredients and mix well.
3. Toss pasta with mixture and serve.

Servings: makes 4 servings.

Each serving = ½ cup select vegetables, 3 oz. lean protein, 2 extras.

716-320-1515
DietMentor.com
info@dietmentor.com