

Pasta Salad

This recipe will serve 2 or 3 people and is extremely versatile. Choose what ingredients you like the best, and what salad dressing you want.

1. Do your lab prep.
2. Cook 250 ml macaroni or pasta of choice until soft. Drain using a colander, and rinse with cold water. Set aside in a medium bowl.

Nutrition Facts	
Serving Size 198 g	
Amount Per Serving	
Calories 470	
Calories from Fat 146	
% Daily Value*	
Total Fat 16.2g	25%
Saturated Fat 5.6g	28%
Trans Fat 0.0g	
Cholesterol 155mg	52%
Sodium 537mg	22%
Potassium 341mg	10%
Total Carbohydrates 60.9g	20%
Dietary Fiber 1.0g	4%
Sugars 3.8g	
Protein 20.1g	
Vitamin A 43%	
Vitamin C 26%	
Calcium 16%	
Iron 22%	
Nutrition Grade B	
* Based on a 2000 calorie diet	

3. Prepare at least 3 of the following and add to the above pasta:

- 1 sliced hard cooked egg
- 1/2 thinly sliced celery stalk
- 1/2 grated carrot
- 1/8 onion, diced
- 50 grams of cubed cheddar cheese
- 50 grams of cubed ham or salami
- 50 ml tiny broccoli pieces
- 1/4 diced green or red pepper
- 15 ml sweet pickle relish

4. Add dressing:

- 50 ml mayonnaise
- 1 ml dry mustard
- salt and pepper to taste

5. Mix well, and garnish. Refrigerate until ready to serve.