



Split Pea & Pasta Salad



Ingredients



- 1 cup rotini pasta
- 1/2 cup split peas, cooked
- 1 Tbsp garlic minced
- 1/2 cup diced bell peppers
- 1/2 cup grated carrot
- 1 Tbsp black olives, sliced
- 1 Tbsp grated cheese
- 1/2 cup plain yogurt
- 3 Tbsp olive oil
- 2 Tbsp red wine vinegar
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/4 tsp crushed red pepper
- 1/4 tsp salt



Directions



1. Cook pasta according to package directions. Drain, cool and set aside
2. In a saucepan, combine peas and water. Bring to a boil. Reduce heat, cover and simmer until peas are just tender, about 25 minutes, drain and cool peas. Set aside
3. If, desired, heat oil in a skillet over medium-high heat. Cook garlic in oil, then add salt. Reduce heat and add peas to the skillet and mix well to coat them with oil. Remove skillet from heat
4. In a large bowl combine peas, pasta and remaining ingredients, making sure all ingredients are cool before mixing.

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Fast Facts



This Recipe Provides



Fiber



Vitamin A



Vitamin C

Cooking Tips



- Add any chopped veggies on hand
- Write your own: _____
- Write your own: _____

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Nutrition Facts

Serving Size (110g)

Amount Per Serving

Calories 264 Calories from Fat 87

% Daily Value*

Total Fat 9.7g **15%**

Saturated Fat 1.7g **9%**

Trans Fat -1g

Cholesterol 30mg **10%**

Potassium 341mg **10%**

Sodium 150mg **6%**

Total Carbohydrate 34.5g **12%**

Dietary Fiber 4.8g **19%**

Sugars 3.8g

Protein 10.1g **20%**

Vitamin A 40% Vitamin C 35%

Calcium 7% Iron 13%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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