

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 tsp dried oregano
- •1 Tbsp grated cheese
- ●1/2 cup plain yogurt
- •3 Tbsp olive oil
- •2 Tbsp red wine vinegar
- •1 tsp dried basil
- •1/4 tsp crushed red pepper
- ●1/4 tsp salt



Directions



- Cook pasta according to package directions. Drain, cool and set aside
- 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
- In a large bowl combine peas, pasta and remaining ingredients, making sure all ingredients are cool before mixing.

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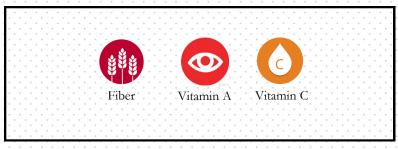
Fast Facts





This Recipe Provides





Cooking Tips

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

Nutrition Facts

Nutrition Facts Serving Size (110g)
Amount Per Serving
Calories 264 Calories from Fat 87
% Daily Value
Total Fat 9.7g
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
Sugars 3.8g
Protein 10.1g 20%
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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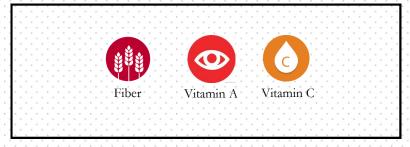
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Saturated Fat 1.7g	9%
Trans Fat -1g	
Cholesterol 30mg	10%
Potassium 341mg	10%
Sodium 150mg	
Total Carbohydrate 34.5g	12%
Dietary Fiber 4.8g	19%
Sugars 3.8g	
Protein 10.1g	20%
Vitamin A 40%	Vitamin C 35%
Calcium 7% *Percent Daily Values are based on a	2 000 calorie diet Your Daily
Values may be higher or lower depen	
Calories	2,000 2,500
Total Fat Less than	65g 80g
Sat Fat Less than Cholesterol Less than	20g 25g 300mg 300mg
Sodium Less than	2400mg 2400mg
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