Create a Pasta Salad

Serves 2-3

Combine your choice of ingredients together in a large bowl. Add dressing and seasonings, toss to coat adding more dressing as needed. Chill until serving time.

**Starch—start with:**
2 cups cooked pasta
(any shape)

**Vegetables—add 2 cups fresh, canned or frozen:**
- Cauliflower
- Tomatoes
- Green beans
- Rutabaga
- Celery
- Peas
- Green pepper
- Carrots
- Broccoli
- Cucumbers
- Onions
- Olives
- Kohlrabi
- Radishes
- Zucchini

**Protein—add ½ cup:**
- Diced cheese
- Sunflower seeds
- Diced meat
- Kidney beans
- Pinto beans
- Garbanzo beans
- Nuts
- Tuna fish
- Canned meat
- Shrimp

**Dressing—select ONE—add ¼ cup:**
- Oil/vinegar dressing
- Low-calorie salad dressing
- Low-calorie ranch dressing
- Low-calorie Caesar dressing
- Olive oil

**Flavor—select ONE or MORE:**
- Salt
- Pepper
- Oregano
- Basil
- Dill weed
- Other spices or herbs