

Salad

Chillin' Out Pasta Salad

Serves 12

- 8 oz (2 1/2 cups) medium shell pasta
- 1 8-oz carton (1 cup) plain nonfat yogurt
- 2 tbsp spicy brown mustard
- 2 tbsp salt-free herb seasoning
- 1 1/2 cups chopped celery
- 1 cup sliced green onion
- 1 lb cooked small shrimp
- 3 cups coarsely chopped tomatoes (about 3 large)

Cook pasta according to package directions. Drain; cool.

In a large bowl stir together yogurt, mustard, and herb seasoning. Add pasta, celery, and green onion; mix well. Chill at least 2 hours.

Just before serving, carefully stir in shrimp and tomatoes.

Nutritional Analysis

calories: 140
total fat: 1 g
saturated fat: 0.1 g
carbohydrates: 19 g
protein: 14 g
cholesterol: 60 mg
sodium: 135 mg
dietary fiber: 1.3 g

Healthy Cooking Tip

Use nonfat or low-fat dressing, yogurt, or mayonnaise
INSTEAD OF regular mayonnaise
in salads and sandwiches.