

High Protein Pasta Salad

Recipe from RAMC Dietitians

For Stage 4

Pasta Ingredients:

- 1# high protein pasta
- 1 pint cherry tomatoes, halved
- 2 bell peppers, diced
- 1 peeled cucumber, diced
- ½ cup pitted olives
- ¼ cup chopped fresh basil leave

Dressing Ingredients:

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 2 teaspoon Italian seasoning
- 1 clove garlic, minced
- ½ teaspoon salt
- ½ teaspoon pepper

Instructions:

1. Cook pasta accordingly.
2. Drain pasta.
3. Mix pasta, tomatoes, bell peppers, cucumbers, olives, and basil leaves.
4. In a separate bowl, whisk dressing ingredients together.
5. Pour dressing over pasta mixture.
6. Chill in fridge and serve cold.

| Nutrition Facts | |
|--------------------------|-------|
| Servings 8.0 | |
| Amount Per Serving | |
| calories 270 | |
| % Daily Value * | |
| Total Fat 16 g | 24 % |
| Saturated Fat 2 g | 10 % |
| Monounsaturated Fat 10 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 212 mg | 9 % |
| Potassium 210 mg | 6 % |
| Total Carbohydrate 25 g | 8 % |
| Dietary Fiber 2 g | 9 % |
| Sugars 5 g | |
| Protein 9 g | 17 % |
| Vitamin A | 67 % |
| Vitamin C | 122 % |
| Calcium | 14 % |
| Iron | 4 % |

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.



Surgical Weight Loss at RAMC Specialty Group