

GARDEN PASTA SALAD

Yield: 12 Servings (1 cup per serving)



TOTAL TIME: 35 minutes

INGREDIENTS

- 4–6 medium sweet potatoes
- 2 cups whole-wheat rotini, (6 oz.)
- 1/3 cup reduced-fat mayonnaise
- 1/3 cup low-fat plain yogurt
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. red-wine vinegar, or lemon juice
- 1 clove garlic (minced)
- 1/8 teaspoon salt
- Freshly ground pepper to taste
- 1 cup cherry or grape tomatoes (halved)
- 1 cup yellow or red bell pepper (diced)
- 1 cup carrots (grated)
- 1/2 cup scallions (chopped)
- 1/2 cup pitted kalamata olives (chopped)
- 1/3 cup fresh basil (slivered)

PREPARATION

1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and rinse under cold running water.
2. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

Make Ahead Tip: Cover and refrigerate for up to one day.

NUTRITION

Per serving: Calories: 205; Fat: 9 g (2 g saturated fat); Cholesterol: 1 mg; Carbohydrates: 29 g; Protein: 6 g; Fiber: 4 g; Sodium: 291 mg.

Recipe courtesy of Eating Well