

Pasta-Vegetable Salad

2 tbsp cider vinegar
2 tbsp tomato sauce
2 tsp sugar
2 tbsp olive oil
1 garlic clove, minced
1/4 tsp dried marjoram leaves
1/4 tsp basil
1/4 tsp salt, or to taste (optional)
1 c uncooked penne or similarly shaped pasta
1 large tomato, cubed
1 small zucchini, cubed
1 medium red or yellow pepper, seeded and chopped
1 c broccoli or cauliflower florets

In a serving bowl combine the vinegar and tomato sauce. Stir to mix well. Stir in the sugar, oil, garlic, marjoram, basil, and salt (if desired). Set aside. Cook the pasta according to package directions. Transfer to a colander and rinse under cold running water. Drain. Meanwhile, add the tomatoes, zucchini, pepper, and broccoli to the bowl with the dressing. Stir to mix well. Stir in pasta. Serve immediately or cover and refrigerate 1 hour or up to 36 hours before serving. Stir before serving.

Makes 16 Servings

Nutrients per Serving:

44 Calories

2 g Total Fat