



Little Italy Pasta Salad

Prep: 20 minutes plus chilling

Cook: 10 minutes • Serves: 8

- 1 box (14.5 ounces) white fiber-enriched rotini pasta
- 15 grape tomatoes, each cut in half (1 cup)
- 4 ounces Genoa salami and/or lower sodium ham, cut into ½-inch pieces
- 4 ounces provolone cheese, cut into ½-inch pieces
- ½ medium English cucumber, halved lengthwise and sliced ¼-inch thick
- 2 cups loosely packed spinach leaves, sliced (about 1 cup)
- ½ cup drained mild banana pepper rings
- ⅓ cup Italian salad dressing
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ½ teaspoon ground black pepper

1. Heat large covered saucepot of salted water to boiling over high heat. Add pasta and cook as label directs; drain. Rinse pasta under cold water and drain.

2. In large bowl, toss pasta with remaining ingredients until well blended. Cover and refrigerate at least 2 hours or up to 2 days.

Approximate nutritional values per serving: 330 Calories, 14g Fat (38% of total calories), 5g Saturated Fat (14% of total calories), 21mg Cholesterol, 659mg Sodium, 43g Carbohydrates, 6g Fiber, 13g Protein

Dietary Exchanges: 3 Starch; 2 Protein; 2½ Fat