



# Pasta Salad

Makes 8 servings

## Ingredients

12 ounces tricolor rotini pasta  
1 cup fat-free zesty Italian dressing  
1 tablespoon pasta salad seasoning  
1 cup canned chickpeas

2 cups diced cucumber  
1 cup cheese crumbles  
1 cup cubed turkey  
½ cup diced cherry tomatoes

## Instructions

1. Boil pasta until tender, then strain and cool.
2. Place ingredients in a medium-sized bowl, stir and cover.
3. Refrigerate overnight.
4. Stir again.
5. Serve cold.

## Nutrition Facts

Serving size: ⅓ recipe; calories per serving: 395; carbohydrates: 59g; protein: 20g; fat: 0.8g; saturated fat: 3g; sugars: 6g; fiber: 0.7g; cholesterol: 25mg; sodium: 427mg

