Michele Sodon

## NUTRITION PER SERVING:

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| **CALORIES** | 273 |
| **PROTEIN** | 10 G |
| **CARBOHYDRATE** | 56 G |
| **TOTAL FAT** | 2 G |

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| **PREP TIME:** | 15 MINUTES |
| **COOK TIME:** | 15 MINUTES |

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| **YIELD:** | 4 SERVINGS |
| **SERVING SIZE:** | 2 C PASTA SALAD |

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| **2 C** | DRY WHOLE-WHEAT ROTINI (SPIRAL) PASTA (8 OZ) |
| **1 C** | FRESH OR FROZEN SNOW PEAPODS, SLICED THINLY ON AN ANGLE (JULIENNED) |
| **½ C** | CUCUMBER, PEELED AND DICED |
| **¼ C** | CARROTS, PEELED AND DICED |
| **1 CAN** | (8 OZ) PINEAPPLE CHUNKS IN JUICE, DICED; SET ASIDE ¼ C JUICE |
| **½ C** | FAT-FREE PLAIN YOGURT |
| **1 TBSP** | FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED) |
| **1 TBSP** | FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED) |
| **¼ TSP** | SALT |
| **¼ TSP** | GROUND BLACK PEPPER |

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# WOW-Y MAUI
## PASTA SALAD

TRY THIS FLAVORFUL SIDE DISH WITH THE HAWAIIAN HULI HULI CHICKEN OR IT'S PERFECT FOR A SUMMER PARTY!

01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook until tender, about 8 minutes. Drain, cool, and set aside.

02 In the meantime, place peapods in a microwavable dish, add enough water to keep moist, and microwave for 1–2 minutes, or until warm.

03 Meanwhile, combine the remaining ingredients together in a separate bowl, and toss gently.

04 Add cooked pasta and peapods, and toss gently to coat the pasta.

05 Serve immediately, or refrigerate for later use.

✔ This is a great recipe for older children to make themselves. Younger children can help peel the cucumber and carrots.