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Nutrition Per Serving:

calories	273
protein	10 g
carbohydrate	56 g
total fat	2 g

Prep time: 15 minutes

Cook time: 15 minutes

Yield: 4 servings

Serving size: 2 C pasta salad



- 2 C dry whole-wheat rotini (spiral) pasta (8 oz)
- 1 C fresh or frozen snow peas, 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

WOW-Y MAUI PASTA SALAD

try this flavorful side dish with the Hawaiian Huli Huli Chicken or it's perfect for a summer party!

1. 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.
2. In the meantime, place peas in a microwavable dish, add enough water to keep moist, and microwave for 1–2 minutes, or until warm.
3. Meanwhile, combine the remaining ingredients together in a separate bowl, and toss gently.
4. Add cooked pasta and peas, and toss gently to coat the pasta.
5. 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.