

California Spaghetti Salad

PREP TIME: 15mins

REFRIGERATE TIME: 3hrs.

SERVINGS

12 Servings

CALORIES

260 kcal

INGREDIENTS

1 pound thin spaghetti, broken into 1 inch pieces
1 pint cherry tomatoes, chopped in half
1 cucumber, diced
1 red bell pepper, diced
1/2 red onion, diced
1 can black olives, drained and sliced

DRESSING:

1 bottle Italian salad dressing 16 ounces
1/4 cup Parmesan cheese grated
1 tablespoon sesame seeds
1 teaspoon paprika
1/2 teaspoon celery seed
1/4 teaspoon garlic powder

INSTRUCTIONS

1. Cook the pasta according to package directions. Drain using a colander and rinse in cold water.
2. Add the cherry tomatoes, cucumber, red bell pepper, red onion, and olives in a large bowl.

To make the dressing:

1. Whisk together Italian salad dressing, parmesan cheese, sesame seeds, paprika, celery seed, and garlic powder. Pour over salad and toss until coated. Cover and refrigerate for 3 hours or overnight.

NUTRITION

Serving: 1 cup.	Vitamin C: 23mg
Calcium: 70mg	Sodium: 735mg
Iron: 1mg	Cholesterol: 1mg
Potassium: 272mg	Trans Fat: 0.01g
Fiber: 3g	Monounsaturated Fat: 5g
Sugar: 5g	Polyunsaturated Fat: 3g
Vitamin A: 754IU.	
Calories: 260kcal.	
Carbohydrates: 35g.	
Protein: 7g.	
Fat: 11g.	
Saturated Fat: 2g.	

