

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: 1cup.

Calcium: 70mg

Iron: 1mg

Potassium: 272mg

Fiber: 3g

Sugar: 5g

Vitamin A: 754IU.

Calories: 260kcal.

Carbohydrates: 35g.

Protein: 7g.

Fat: 11g.

Saturated Fat: 2g.

Vitamin C: 23mg

Sodium: 735mg

Cholesterol: 1mg

Trans Fat: 0.01g

Monounsaturated Fat: 5g

Polyunsaturated Fat: 3g

