



Nutrition Information Per Serving:

Calories: 458
Protein: 20 g
Carbohydrates: 50 g
Fat: 19 g
Fiber: 3 g

Note: If you'd rather enjoy the pasta salad immediately, combine the salad ingredients (except for parsley) in a bowl and mix. Pour dressing over the mixture and stir to coat. Garnish with fresh parsley and serve.

PREP TIME 15 mins	COOK TIME 10 mins	TOTAL TIME 25 mins	RECIPE MAKES 8 servings
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This creamy pasta salad combines everything we love about an antipasto platter, with the benefit of added protein from the Lowfat plain Muuna cottage cheese! Layer the ingredients into a jar to take this meal on-the-go or serve at your family's next sit-down affair. Either way, it's sure to please!

INGREDIENTS

Pasta Salad:

- 1 lb. Uncooked elbow macaroni (gluten-free pasta will also work)
- 1 cup Pepperoni, chopped
- 1 cup Ham, cubed
- 1 cup Cherry tomatoes, halved
- 1 cup Green peas, cooked
- ½ cup Artichoke hearts, quartered
- ½ Large red onion, thinly sliced
- 1-2 Tbsp. Fresh flat-leaf parsley, chopped

Dressing:

- 2 Containers of 5.3oz Lowfat Plain Muuna cottage cheese (or 1 ⅓ cups)
- ¼ cup + 1 Tbsp. Balsamic vinegar
- 1 ½ tsp. Garlic, minced
- 6 Tbsp. Extra virgin olive oil
- 1 Tbsp. Honey
- ½ tsp. Dried Italian herbs
- ½ tsp. Salt

INSTRUCTIONS

- 1) Prepare pasta according to package instructions. Set aside to cool.
- 2) In a food processor, combine dressing ingredients. Pulse until smooth.
- 3) Once pasta is cooled, in a glass jar or other spill-proof container, layer dressing, cooked pasta, tomatoes, ham, onions, peas, pepperoni, and artichoke hearts.
- 4) Chill in refrigerator until ready to enjoy!