



Nutrition Information Per Serving:

Calories: 217
Protein: 16 g
Carbohydrates: 26 g
Fat: 5 g
Fiber: 2 g

PREP TIME 8 mins	COOK TIME 10 mins	TOTAL TIME 18 mins	RECIPE MAKES 8 servings
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By swapping mayonnaise with protein-packed Muuna cottage cheese, this creamy pasta salad has all of the flavor, but less fat and more protein! Enjoy this recipe for lunch or as a main dish.

INGREDIENTS

- 8 oz. Uncooked elbow macaroni (gluten-free pasta will also work)
- 3 Containers of 5.3oz. Lowfat Plain Muuna cottage cheese (or 2 cups)
- 1 cup Green peas, cooked
- ½ cup Cherry tomatoes, halved (optional)
- ½ cup Ham, diced
- ½ cup Shredded cheddar cheese
- ½ tsp. Garlic powder
- Salt + Black pepper to taste

INSTRUCTIONS

- 1) Prepare pasta according to package instructions. Set aside to cool.
- 2) Once pasta is cooled, combine all ingredients in a bowl and mix until pasta is coated.
- 3) Chill in refrigerator until ready to enjoy!