

## Confetti Pasta Salad

My recipes.com – Cooking Light April 1995

### Ingredients:

- 3/4 cup low-fat ranch dressing
- 1/2 cup plain nonfat yogurt
- 1 teaspoon chopped fresh dillweed
- 2 cups uncooked small seashell macaroni
- 1 1/2 cups shelled green peas
- 1/2 cup diced yellow bell pepper
- 1/2 cup diced red bell pepper
- 3/4 cup (3 ounces) cubed reduced-fat sharp cheddar cheese
- Dillweed sprigs (optional)

### Directions:

- Combine the ranch dressing, yogurt, and dillweed in a large bowl; stir well, and set dressing mixture aside.
- Cook macaroni in boiling water for 5 minutes. Add peas, and cook an additional 3 minutes; drain well.
- Add the macaroni mixture, bell peppers, and cheese cubes to dressing mixture, tossing to coat. Cover and chill. Stir before serving.
- Garnish with dillweed, if desired.



*Makes 6 one cup servings.*

*Nutritional info Amount per serving*

*Calories: 204 Calories from fat: 24% Fat: 5.4g Saturated fat: 2g*

*Monounsaturated fat: 1.4g Polyunsaturated fat: 1.4g*

*Protein: 9.9g Carbohydrate: 28.6g Fiber: 2.5g Cholesterol: 10mg Iron: 1.7mg*

*Sodium: 440mg Calcium: 178mg*