

# Rainbow Pasta Salad

Recipe from: Queensland Health

Traffic light category: **Green**

Serves: 8 (260g per serve)

## Ingredients

- 300g green beans, ends trimmed, cut into 3cm pieces
- 200g spiral pasta
- 420g can salt reduced corn kernels, drained
- 420g can four bean mix, drained and rinsed
- 250g punnet cherry tomatoes, halved
- 1 medium red capsicum, seeded and chopped
- ½ red onion, peeled and finely chopped
- ½ cup flat leaf parsley, roughly chopped
- ½ cup basil leaves, shredded

## Dressing

- 1½ tablespoons Dijon mustard
- ½ tablespoon honey
- ½ tablespoon white wine vinegar or white vinegar
- ½ tablespoon water

## Method

1. Bring a medium-sized saucepan of water to the boil. Add green beans and simmer for 2 minutes or until bright green. Remove beans and refresh under cold water
2. Add pasta to the boiling water and cook according to packet directions or until just tender
3. Drain pasta well and set aside in a large bowl to cool
4. Add drained beans and remaining salad ingredients to cooled pasta
5. Place all ingredients in a small screw top jar, shake well
6. Pour dressing over the salad & toss well, serve warm or cold.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	942kJ	364kJ
Protein	10.1g	3.9g
Total fat	1.6g	0.6g
Saturated fat	0.2g	0.06g
Carbohydrate	36.4g	14.0g
Sugars	7.7g	3.0g
Dietary fibre	10.2g	3.9g
Sodium	266mg	103mg

