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Elbow Pasta Salad

Prep Time: 25 minutes

Cook Time: Overnight

Cost per serving: \$0.61

What you need:

Utensils:

- Medium pot
- Measuring cups & spoons
- Large mixing bowl
- Cutting board & knife
- Mixing spoon

Ingredients:

- 1 16-ounce package elbow macaroni pasta (whole wheat optional)
- 3 tablespoons oil (canola, olive or vegetable)
- 3 tablespoons lime juice
- ½ cup fat-free or light mayonnaise
- 1 cup chopped celery
- 1 cup chopped bell pepper
- 2 cups chopped green onions
- 1 4-ounce jar diced pimientos
- 1 cup sliced black olives
- 1 box or package (10 ounces) frozen peas, thawed

What to do:

1. Wash your hands and clean your cooking area.
2. Boil elbow pasta according to package directions. Drain.
3. Mix elbow pasta, oil, and lime juice in a bowl.
4. Cover bowl with lid, plastic wrap, or aluminum foil. Refrigerate overnight.
5. The next day, add mayonnaise, celery, bell pepper, onions, pimientos, olives, and peas to the elbow pasta mixture. Mix well.
6. If desired, season with onion powder, garlic powder, salt and pepper.
7. Serve cold and keep refrigerated.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 12	
Amount Per Serving	
Calories 240	Calories from Fat 80
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% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 7g	
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Vitamin A 20%	Vitamin C 50%
Calcium 2%	Iron 15%