

PASTA SALAD

INGREDIENTS

150g Pasta shapes
2x15ml Spoons of low fat dressing or mayonnaise
Choose 2 or 3 of the following
150g Cooked chicken, sausage etc
150g Cheese
1 Carrot
1 Tin of tuna
1 Tin of sweetcorn
1 Red pepper
¼ Cucumber
2 Tomatoes
Handful of lettuce

METHOD

1. Bring a small saucepan of water to the boil and then add the pasta. Simmer for about 8-10 minutes (check the packet instructions).
2. While the pasta is cooking, prepare the other ingredients
 - Shred the lettuce and chicken
 - Slice the tomato
 - Chop the cucumber into small chunks
 - Peel and grate the carrot
 - Open the cans and drain
 - Grate the cheese
 - Dice the pepper
3. Drain the boiling water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Place the pasta in the serving dish and stir in 1x15ml spoon of dressing or mayonnaise.
5. Add the other ingredients and mix with a spoon.

