

Bow Tie Pasta

Ingredients:

1/8 tsp. paprika
1/4 tsp. white pepper
2 Tbsp. cider vinegar
2 Tbsp. relish, pickle, sweet
1/3 cup mayonnaise, light
8 oz. reduced fat mild cheddar cheese, shredded
1/8 tsp. hot pepper sauce, ready to serve
1/2 ea. fresh large sweet red bell peppers, 2x2"
2 ea. fresh large scallions, tops and bulb
8 oz. bow tie pasta, dry
4 oz. cooked low sodium lean pork, cured ham

Directions:

Cook pasta according to package directions, drain.
Immediately rinse with cold water, drain well.

Meanwhile, whisk together the mayonnaise, vinegar, relish, white pepper and pepper sauce in a small bowl; set aside in the refrigerator to chill.

Combine the cooled pasta, ham, cheese, red pepper and scallions in a large bowl.

Stir in the mayonnaise mixture just before serving. Garnish with paprika.

Nutritional Information:

One Serving

Calories: 260

Carbohydrates: 25g

Cholesterol: 30mg

Fat: 12g

Sodium: 440mg

Dietary Fiber: 1g

Protein: 14g

Source: 3-A-Day Dairy