

Chillin' Out Pasta Salad

Makes 12 Servings

Ingredients

- 8 oz. (2-1/2 cups) medium shell pasta
- 1 8-oz. carton (1 cup) plain nonfat yogurt
- 2 tbsp. spicy brown mustard
- 2 tbsp. salt-free herb seasoning
- 1-1/2 cups chopped celery
- 1 cup sliced green onion
- 1 lb. cooked small shrimp
- 3 cups coarsely chopped tomatoes (about 3 large tomatoes)

Directions

1. Cook pasta according to package directions. Drain; cool.
2. In a large bowl, stir together yogurt, mustard and herb seasoning.
Add pasta, celery and green onion; mix well. Chill for at least 2 hours.
3. Just before serving, carefully stir in shrimp and tomatoes.

Healthy Cooking Tip: Use nonfat or low-fat dressing, yogurt, or mayonnaise instead of regular mayonnaise.

Nutrition Content Per Serving:

Calories: 140
Total Fat: 1 g
Saturated Fat: 0.1 g
Carbohydrates: 19 g
Protein: 14 g
Cholesterol: 60 mg
Sodium: 135 mg
Dietary Fiber: 1.3 g

