



## Asparagus Pasta Salad



**Ingredients:** Makes 5 servings  
 2 Pds fresh asparagus or 2 cups,  
 (12 oz. ) frozen cuts and tips  
 1 Cup (dry) small shell pasta  
 1/2 Cup sliced carrots  
 1/2 Cup finely chopped red onions  
 1/4 Cup chopped red bell pepper  
 1 Tsp. dried oregano  
 1/2 Tsp. celery seeds  
 1/2 Cup reduced or fat free Italian  
 dressing.

Modified from: asparagus.org

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)  
 Rev. 01/2010

**Preparation:** Trim, wash and cut  
 asparagus into 1 inch pieces.  
 Steam about 5 minutes or until just  
 crisp tender. Quickly cool in ice  
 water and drain. If using frozen  
 asparagus, thaw, drain and cut  
 into 1-inch pieces. Cook pasta  
 according to directions. Rinse with  
 cold water, drain and cool.  
 Combine all ingredients. Place in  
 airtight container. Chill thoroughly  
 or overnight before serving.

**Nutritional information per 3/4 cup  
 serving:** Calories 70, Fat 3g,  
 Carbohydrates 11g, Cholesterol  
 1mg, Fiber 1g, Sodium 195mg.



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