

Peas in the Pasta Salad

A meal-in-one for summer fun!



Level: Medium

Makes: 5 cups

Kids' Tool Kit

Large pot
Colander
Measuring cups
Spoon
Cutting board
Knife
Large bowl

Ingredients:

1 ½ cups small shell pasta (uncooked)
1 cup frozen peas
1 cup diced ham
1 cup diced cojack or cheddar cheese
¾ cup creamy, low fat ranch dressing



Directions:

Remember to wash your hands!

1. In large pot of boiling water, cook pasta until tender according to package directions.
2. Place peas in colander and drain cooked pasta over the peas to thaw. Rinse, cool and drain well.
3. Combine diced ham and cheese in large bowl and stir in pasta, peas and dressing. Chill 2 to 3 hours before serving.

Chef's Choice

Peas in the Pasta
Salad
Crackers
Carrot sticks
Low fat milk



Helpful Hints: Pasta needs to cook in boiling water, so don't turn down the heat after adding the pasta unless the pot looks like it will boil over. When boiling pasta use a pot larger than you would normally choose to prevent a mess.

Drain the pasta and peas and pat dry with a clean paper towel to remove excess water. Mix all the ingredients together and chill before serving for the most flavor.



Safety Tips: Use a back burner to cook the shells or turn the pot handle toward the back of the stove to prevent knocking off the pot while cooking. The temperature of boiling water is 212 degrees: That's hot! Draining the pasta is a job for adults. The steam and hot water can really burn fingers.

Nutrition Facts

Serving Size 1 cup (157g)
Servings Per Container 5

Amount Per Serving

Calories 280 Calories from Fat 120

% Daily Value*

Total Fat 13g 20%

Saturated Fat 6g 32%

Cholesterol 45mg 15%

Sodium 980mg 41%

Total Carbohydrate 23g 8%

Dietary Fiber 2g 7%

Sugars 6g

Protein 16g

Vitamin A 10% • Vitamin C 8%

Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.