

## Peas in the Pasta Salad

*A meal-in-one for summer fun!*

5 servings

### Ingredients:

- 1 1/2 cups small shell pasta (uncooked)
- 1 cup frozen peas
- 1 cup diced ham
- 1 cup diced cojack or cheddar cheese
- 3/4 cup creamy, low fat ranch dressing

### Directions:

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.

*Nutrition Facts: One 1 cup serving provides 280 calories, 13g total fat, 45mg cholesterol, 980mg sodium, 23g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Peas in the Pasta Salad  
Crackers  
Carrot Sticks  
Low Fat Milk

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