

## Patchwork Quilt Pasta Salad

This salad is best when prepared a day ahead."

**Prep Time:** 15 Min, **Cook Time:** 10 Min, **Ready In:** 25 Min



### Ingredients

- 1 (12 ounce) package rotini/corkscrew pasta (preferably wheat)
- 1 (16 ounce) package frozen mixed vegetables, thawed (or fresh steamed)
- 1 (15.25 ounce) can kidney beans, drained
- 1 1/2 cups finely chopped celery
- 1 cucumber - peeled, seeded and chopped
- 1/2 cup finely chopped green or red bell pepper
- 1/2 cup finely chopped onion
  
- 2/3 cup cider vinegar
- 2 tablespoons canola oil
- 2/3 cup sugar
- 1 tablespoon all-purpose flour
- 1/2 teaspoon salt
- 1 tablespoon prepared brown mustard

### Directions

In a large bowl combine cooked pasta, mixed vegetables, kidney beans, celery, cucumber, green pepper and onion.

To make the dressing combine in a saucepan over medium heat: vinegar, oil, sugar, flour, salt and brown mustard; bring to boil. Continue to cook for 5 minutes stirring frequently. Cool completely.

Pour cooled dressing over bowl of vegetables. Toss to distribute dressing evenly. Cover tightly and store in refrigerator.

## Nutritional Information

### Amount Per Serving

Calories: **170** **Total Fat:** 2.5g **Cholesterol:** 0mg **Sodium:** 243mg **Total Carbs:** 32.8, **Dietary Fiber:** 4.6g( more if using wheat pasta)

## **Health Benefits**

**Kidney beans** very good source of cholesterol-lowering fiber.

prevents blood sugar levels from rising too rapidly virtually fat-free high quality protein.

**Red bell peppers** lycopene, helps to protect against cancer and heart disease.

vitamin C and beta carotene  
protective against cataracts

prevents blood clot formation and  
reduce the risk of heart attacks and  
strokes