



Pasta Salad Recipes

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EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH



Garden Pasta Salad

Makes: 6 servings, 1 cup each

Active time: 35 minutes | **Total:** 35 minutes

To make ahead: Cover and refrigerate for up to day.

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☐ Gluten Free

This lightly dressed pasta salad gets lots of flavor from kalamata olives and basil. A colorful mix of diced bell pepper, shredded carrot and tomatoes adds vitamins and minerals. Serve on a crisp bed of greens. Toss in canned chunk light tuna, cooked chicken or flavored baked tofu to add protein and make it more substantial.

- 2 cups whole-wheat rotini (6 ounces)**
- 1/3 cup reduced-fat mayonnaise**
- 1/3 cup low-fat plain yogurt**
- 2 tablespoons extra-virgin olive oil**
- 1 tablespoon red-wine vinegar or lemon juice**
- 1 clove garlic, minced**
- 1/8 teaspoon salt**
- Freshly ground pepper to taste**
- 1 cup cherry or grape tomatoes, halved**
- 1 cup diced yellow or red bell pepper (1 small)**
- 1 cup grated carrots (2-4 carrots)**
- 1/2 cup chopped scallions (4 scallions)**
- 1/2 cup chopped pitted kalamata olives**
- 1/3 cup slivered fresh basil**

2. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

Per serving: 205 calories; 9 g fat (2 g sat, 5 g mono); 1 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 6 g protein; 4 g fiber; 291 mg sodium; 269 mg potassium. **Nutrition bonus:** Vitamin C (97% daily value), Vitamin A (70% dv).

Carbohydrate Servings: 2

Exchanges: 1 starch, 1 vegetable, 2 fat (mono)

1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water.



Chicken & Blueberry Pasta Salad

Makes: 6 servings, about 1½ cups each

Active time: 30 minutes | **Total:** 30 minutes

To make ahead: Add everything except the blueberries and dressing to the pasta salad. Cover and refrigerate pasta salad, blueberries and dressing separately for up to 1 day. Toss together just before serving.

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Yes, blueberries and pasta. The addition of poached chicken and feta cheese makes this dish into a light and satisfying summer supper that's also great for a potluck. If you already have some leftover chicken, skip Step 1 and add shredded chicken in Step 4.

- 1 pound boneless, skinless chicken breast, trimmed of fat**
- 8 ounces whole-wheat fusilli or radiatore**
- 3 tablespoons extra-virgin olive oil**
- 1 large shallot, thinly sliced**
- ⅓ cup reduced-sodium chicken broth**
- ⅓ cup crumbled feta cheese**
- 3 tablespoons lime juice**
- 1 cup fresh blueberries**
- 1 tablespoon chopped fresh thyme**
- 1 teaspoon freshly grated lime zest**
- ¼ teaspoon salt**

pasta until just tender, about 9 minutes or according to package directions. Drain. Place in a large bowl.

3. Meanwhile, place oil and shallot in a small skillet and cook over medium-low heat, stirring occasionally, until softened and just beginning to brown, 2 to 5 minutes. Add broth, feta and lime juice and cook, stirring occasionally, until the feta begins to melt, 1 to 2 minutes.

4. Add the chicken to the bowl with the pasta. Add the dressing, blueberries, thyme, lime zest and salt and toss until combined.

1. Place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size strips.

2. Bring a large pot of water to a boil. Cook

Per serving: 319 calories; 11 g fat (3 g sat, 6 g mono); 49 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 23 g protein; 5 g fiber; 261 mg sodium; 271 mg potassium. **Nutrition bonus:** Magnesium (18% daily value).

Carbohydrate Servings: 2

Exchanges: 2 starch, 2 lean meat, 1 fat



Broccoli, Ham & Pasta Salad

Makes: 5 servings, about 2 cups each

Active time: 20 minutes | **Total:** 50 minutes

To make ahead: Prepare through Step 2, cover and refrigerate for up to 2 days.

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A great make-ahead entree, this lightened-up pasta salad is loaded with broccoli and peppers. Smoky ham and sweet raisins give it plenty of punch. Enjoy the leftovers for a fuss-free lunch. (Recipe by Nancy Baggett for EatingWell.)

Creamy Herbed Dressing

- ½ cup low-fat mayonnaise
- ⅓ cup nonfat plain yogurt
- ¼ cup reduced-fat sour cream
- 3 tablespoons rice vinegar or white-wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey, or more to taste
- 1½ teaspoons dried minced onion or dried chopped chives
- 1¼ teaspoons dried tarragon or dill
- ½ teaspoon onion salt or celery salt or ¼ teaspoon of each
- White pepper to taste

Salad

- 3 cups cooked whole-wheat fusilli or similar pasta (about 6 ounces dry)
- 4 cups chopped broccoli florets (about 1½ large heads)
- 1½ cups diced ham (8 ounces), preferably reduced-sodium
- 1 large red or yellow bell pepper (or a combination), diced
- ¼ cup diced red onion, plus slices for garnish
- ⅓ cup raisins
- Freshly ground pepper to taste
- 4 cups spinach leaves
- 1 cup torn radicchio leaves

1. To prepare dressing: Combine mayonnaise, yogurt, sour cream, vinegar, mustard, honey, onion (or chives), tarragon (or dill) and onion salt (and/or celery salt) in a bowl until well blended. Season with white pepper. Taste and adjust seasonings, if desired.

2. To prepare salad: Combine pasta, broccoli, ham, bell pepper, diced onion and raisins in a large bowl. Add dressing and toss until evenly incorporated. Cover and refrigerate to blend the flavors for at least 30 minutes and up to 2 days.

3. Serve on a bed of spinach and radicchio, garnished with slices of red onion.

Per serving: 306 calories; 7 g fat (2 g sat, 2 g mono); 31 mg cholesterol; 46 g carbohydrate; 4 g added sugars; 19 g protein; 6 g fiber; 838 mg sodium; 696 mg potassium. **Nutrition bonus:** Vitamin C (167% daily value), Vitamin A (85% dv), Folate (24% dv), Potassium (20% dv), Magnesium (18% dv), Zinc (17% dv), Iron (16% dv).

Carbohydrate Servings: 2½

Exchanges: 1½ starch, ½ fruit, 2 vegetable, 2 lean meat



Macaroni Salad

Makes: 12 servings, about 1 cup each

Active time: 45 minutes | **Total:** 2¼ hours (including chilling time)

To make ahead: Cover and refrigerate for up to 3 days.

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Old-fashioned macaroni salad sometimes contains jarred pimientos, diced ham or pickle relish, but this version is simple and deliciously plain with fresh chopped celery, carrot and onion. A combination of low-fat mayo and sour cream lightens up the dressing, and whole-wheat elbow noodles, spinach and edamame add extra nutrients.

3 cups whole-wheat elbow noodles
(14- to 16-ounce package)

¾ cup low-fat mayonnaise

¾ cup reduced-fat sour cream

2 teaspoons sugar

1 teaspoon salt

¾ teaspoon celery seed

Freshly ground pepper to taste

3 stalks celery, finely chopped

3 carrots, shredded

1 small Vidalia or other sweet onion,
finely chopped

1 cup baby spinach, chopped

¾ cup frozen (thawed) edamame

⅓ cup shredded mild Cheddar cheese

2. Combine mayonnaise, sour cream, sugar, salt, celery seed and pepper in a small bowl.

3. When the noodles have cooled, add celery, carrots, onion, spinach, edamame and the mayonnaise mixture; stir well to combine.

4. Cover and refrigerate until cold, at least 2 hours. Taste and adjust seasoning with salt and pepper, if desired. Sprinkle with cheese just before serving.

Per serving: 190 calories; 7 g fat (2 g sat, 2 g mono); 13 mg cholesterol; 28 g carbohydrate; 1 g added sugars; 7 g protein; 3 g fiber; 366 mg sodium; 215 mg potassium. **Nutrition bonus:** Vitamin A (60% daily value).

1. Cook noodles in a large pot of boiling water until tender, 8 to 10 minutes or according to package directions. Drain. Transfer to a large bowl to cool for at least 15 minutes.



Greek Pasta Salad

Makes: 4 servings, about 2 cups each

Active time: 30 minutes | **Total:** 30 minutes

To make ahead: Cover and refrigerate for up to 1 day.

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This quick, healthy Greek pasta salad recipe is tossed with all the elements of a Greek salad—plus chickpeas for added protein. This pasta salad holds well in the refrigerator or a cooler and tastes even better as the pasta absorbs the tomato-infused vinaigrette. Serve with pita chips.

- 2 medium tomatoes, coarsely chopped
- 2 small cloves garlic, minced
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 8 ounces whole-wheat farfalle or similar-size pasta
- 1 15-ounce can chickpeas, rinsed
- 1 medium cucumber, seeded and chopped into ½-inch pieces
- ½ cup crumbled feta cheese
- ⅓ cup quartered pitted Kalamata olives
- 2 tablespoons chopped fresh oregano or 2 teaspoons dried

3. Cook pasta in the boiling water until just tender, 8 to 10 minutes or according to package directions. Drain and rinse with cold water. Drain again.

4. Add the pasta to the tomato mixture along with chickpeas, cucumber, feta, olives and oregano; gently toss to combine.

Per serving: 480 calories; 19 g fat (5 g sat, 11 g mono); 17 mg cholesterol; 65 g carbohydrate; 0 g added sugars; 16 g protein; 9 g fiber; 535 mg sodium; 447 mg potassium. **Nutrition bonus:** Vitamin C (25% daily value), Magnesium (22% dv), Folate (21% dv), Zinc (20% dv), Iron (18% dv), Calcium (17% dv).

- 1. Put a large pot of water on to boil.
- 2. Combine tomatoes, garlic, oil and vinegar in a large bowl; let stand while you cook the pasta.



Melon & Chicken Pasta Salad

Makes: 6 servings, about 1½ cups each

Active Time: 40 minutes | **Total:** 40 minutes

To make ahead: Cover and refrigerate, without dressing, for up to 1 day. Toss with the dressing about 1 hour before serving.

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Melon, prosciutto and dried cranberries pair well together in this chicken pasta salad recipe. Fresh grilled chicken breast is best, but you can save time by using roasted or grilled chicken from the supermarket. For the best flavor, combine the pasta salad with the dressing about 1 hour before serving.

Dressing

- 1 clove garlic, minced
- ¼ teaspoon salt
- ½ cup buttermilk
- ¼ cup low-fat mayonnaise
- 3 tablespoons chopped fresh tarragon or 1 tablespoon dried
- 1 tablespoon distilled white vinegar

Pasta Salad

- 8 ounces (about 3 cups) whole-wheat bowtie pasta
- 2 cups cubed cantaloupe or honeydew melon
- 2 cups thinly sliced baby spinach
- 2 cups cubed or shredded cooked chicken
- ¼ cup dried cranberries
- ¼ cup chopped prosciutto (about 3 ounces)
- Freshly ground pepper to taste

1. To prepare dressing: Mash garlic and salt in a medium bowl with the back of a spoon into a chunky paste. Add buttermilk, mayonnaise, tarragon and vinegar; whisk until combined.

2. To prepare pasta salad: Cook pasta in a large pot of boiling water according to package directions. Drain, transfer to a large bowl and let cool. Add melon, spinach, chicken, cranberries, prosciutto, pepper and the dressing; toss to coat.

Per serving: 294 calories; 6 g fat (2 g sat, 1 g mono); 54 mg cholesterol; 38 g carbohydrate; 3 g added sugars; 25 g protein; 4 g fiber; 633 mg sodium; 400 mg potassium. **Nutrition bonus:** Vitamin A (57% daily value), Vitamin C (38% dv), Magnesium (15% dv).



Peas & Ham Pasta Salad

Makes: 6 servings, about 1½ cups each

Active Time: 35 minutes | **Total:** 35 minutes

To make ahead: Cover and refrigerate, without dressing, for up to 1 day. Toss with the dressing about 1 hour before serving.

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This creamy pasta salad recipe with peas, ham and mushrooms is lower in calories and fat compared to a classic pasta salad. Using whole-wheat pasta and loading it with plenty of vegetables makes it as nutritious as it is delicious. If you have fresh-shelled peas on hand, use those instead of frozen peas. For the best flavor, combine the pasta salad with the dressing about 1 hour before serving.

Dressing

- 1 clove garlic, minced
- ¼ teaspoon salt
- ½ cup buttermilk
- ¼ cup low-fat mayonnaise
- 3 tablespoons chopped fresh dill or 1 tablespoon dried
- 1 tablespoon distilled white vinegar

Pasta Salad

- 10 ounces (about 2 cups) whole-wheat elbow noodles
- 1¾ cups sliced button mushrooms
- 1¾ cups peas, fresh or frozen (thawed)
- 1 cup diced ham
- ¼ cup finely chopped sweet onion, such as Vidalia
- 2 hard-boiled eggs (see *Tip*), chopped
- ½ cup diced Cheddar cheese
- Freshly ground pepper to taste

1. To prepare dressing: Mash garlic and salt in a medium bowl with the back of a spoon into a chunky paste. Add buttermilk, mayonnaise, dill and vinegar; whisk until combined.

2. To prepare pasta salad: Cook pasta in a large pot of boiling water according to package directions. Drain, transfer to a large bowl and let cool. Add mushrooms, peas, ham, onion, eggs, cheese, pepper and the dressing; toss to coat.

Per serving: 315 calories; 9 g fat (4 g sat, 3 g mono); 88 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 21 g protein; 6 g fiber; 671 mg sodium; 379 mg potassium. **Nutrition bonus:** Vitamin A (36% daily value), Vitamin C (24% dv), Zinc (18% dv), Iron & Magnesium (16% dv), Folate (15% dv).

Tip: To hard-boil eggs, place in a single layer in a saucepan; cover with 1 inch of water. Bring just to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, immediately pour out hot water and cover the eggs with ice-cold water. Let stand in the water until cool.



Vegetable & Tuna Pasta Salad

Makes: 6 servings, about 1½ cups each

Active Time: 30 minutes | **Total:** 30 minutes

To make ahead: Cover and refrigerate, without dressing, for up to 1 day. Toss with the dressing about 1 hour before serving.

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This delicious pasta salad recipe is made with zucchini, sun-dried tomatoes, arugula and chunk light tuna, which is lower in mercury than white albacore tuna. For the best flavor, combine the pasta salad with the dressing about 1 hour before serving. If you're looking for an environmentally sustainable canned tuna option, check the label—tuna that was caught by troll or pole-and-line is considered the best choice, according to Monterey Bay Aquarium's Seafood Watch Program. Or look for the blue Certified Sustainable Seafood label from the Marine Stewardship Council.

Dressing

- ¼ cup extra-virgin olive oil
- ¼ cup reduced-sodium chicken broth
- ¼ cup red-wine vinegar
- 3 tablespoons chopped fresh basil or 1 tablespoon dried
- 2 tablespoons finely chopped shallots
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Pasta Salad

- 8 ounces (about 3 cups) whole-wheat fusilli
- 3 cups baby arugula
- 1 cup diced zucchini (about 1 medium)
- 2 5-ounce cans chunk light tuna, drained
- ½ cup shredded Parmesan cheese
- ¼ cup chopped soft sun-dried tomatoes
- Freshly ground pepper to taste

1. To prepare dressing: Combine oil, broth, vinegar, basil, shallots, salt and pepper in a jar with a tight-fitting lid. Shake until well combined. (Or whisk in a bowl.)

2. To prepare pasta salad: Cook pasta in a large pot of boiling water according to package directions. Drain, transfer to a large bowl and let cool. Add arugula, zucchini, tuna, cheese, tomatoes, pepper and the dressing; toss to coat.

Per serving: 285 calories; 12 g fat (3 g sat, 8 g mono); 15 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 17 g protein; 3 g fiber; 401 mg sodium; 354 mg potassium. **Nutrition bonus:** Vitamin C (15% daily value).

About EatingWell

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- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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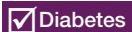
We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

Photography by Ken Burris (pages 1-5); Bryan McCay (page 6); Jim Westphalen (pages 7-9).