

Waldorf Pasta Salad

Brought to you by Holly Clegg and *Eating Well Through Cancer*

This light colorful salad is like eating a fruit salad with pasta. Top with grilled chicken for a hearty salad.

Makes 6 servings

8 ounces bow tie pasta
1 cup nonfat plain yogurt
1/4 cup frozen orange juice concentrate
1 (11-ounce) can mandarin orange slices, drained
1 cup seedless red grapes, halved
1 green apple, cored and chopped
1 cup chopped celery

1. Prepare pasta according to package directions; set aside. In small bowl, blend the yogurt with the orange juice.
2. In large bowl, combine pasta, mandarin orange slices, grapes, apple, and celery. Stir in yogurt mixture; toss well. Cover and refrigerate until chilled.

Nutritional information per serving

Calories 235, Protein (g) 8, Carbohydrate (g) 50, Fat (g) 1, Cal. from Fat (%) 3, Saturated Fat (g) 0, Dietary Fiber (g) 3, Cholesterol (mg) 1, Sodium (mg) 53, Diabetic Exchanges: 2 starch, 1 fruit, 0.5 skim milk

DOC'S NOTES:

This is a full meal in one dish. The fruit are great sources of fiber. Red grapes are a source of resveratrol which is a phytochemical or cancer protective substance.