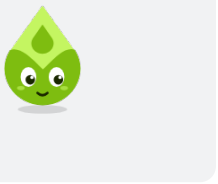
Dinner

Creamy Rainbow Pasta Salad

Tender bow-tie pasta is folded together with crisp bell peppers, cucumber, shredded carrots, and red onion, all coated in a creamy lemon dressing. Serve it well chilled.

75 min	130	18 g	2 g
time	calories	carbs	sugars



Nut free

Ingredients, 6 servings

- [ ] 4 oz Bow-tie pasta
- [ ] 2 tbsp red bell pepper (chopped)
- [ ] 2 tbsp orange bell pepper (chopped)
- [ ] 3 tbsp cucumber(s) (chopped)
- [ ] 3 tbsp carrots (shredded)
- [ ] 3 tbsp red onion (chopped)
- [ ] 1/8 tsp black pepper
- [ ] 2/3 cup light mayonnaise
- [ ] 1/2 tsp sugar
- [ ] 1 tbsp lemon juice

Method

- [ ] **1** Chop the red bell pepper, orange bell pepper, red onion, and cucumber, and shred the carrots.
- [ ] **2** Boil the bow-tie pasta as directed on the package, leaving out the salt, then drain and rinse it under cold water until cool.
- [ ] **3** Tip the cooled pasta into a large bowl.
- [ ] **4** Whisk the light mayonnaise, sugar, lemon juice, and black pepper together in a small bowl.
- [ ] **5** Pour the dressing over the pasta and stir it through.
- [ ] **6** Stir in the chopped red bell pepper, orange bell pepper, cucumber, red onion, and shredded carrots until everything is evenly combined.
- [ ] **7** Refrigerate the salad for at least 1 hour before serving.

Nutrition Facts

Per serving

Calories	**130**
Total fat	6 g
Saturated fat	1 g
Sodium	220 mg
Total carbs	18 g
Fiber	1 g
Total sugars	2 g
Protein	2 g

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