**Pasta Salad**

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1 cup whole wheat pasta – cooked and cooled

½ cup chopped cucumbers

½ cup chopped mini sweet peppers (or bell peppers etc.)

1/3 cup chopped cauliflower

½ cup chopped tomatoes

1/3 cup sweet onion

1/3 cup loose cilantro/coriander (or parsley)

1/3 cup chopped apple

1/3 cup chopped mango

1 chopped chili pepper (optional)

1 tbs. mayo/salad dressing (Miracle Whip)

1/3 cup yoghurt (solid part of yoghurt at the top of the container before stirring)

¼ tsp. salt

¼ tsp. pepper

**Instructions**

Mix everything together in a bowl and enjoy!

\*All ingredients can be prepared beforehand. Combine when ready to serve.

Vegetables and fruits could be of your choice

**Yields**: 3.5 cups total. 2 servings of grains, 1 serving of protein.

**Protein options**:

* Ground or whole cashews
* Tuna
* Chicken
* Hard-boiled egg
* Legumes (3/4 cup = 1 protein serving)