

Chillin' Out Pasta Salad

Ingredients:

2 cups (8 oz) medium shell pasta
1 cups (8 oz) plain nonfat yogurt
2 Tbsp spicy brown mustard
2 Tbsp salt-free herb seasoning
1 cup celery, chopped
1 cup green onion, sliced
1 lb small shrimp, cooked
3 cups (about 3 large) tomatoes, coarsely chopped

Preparation:

Cook pasta according to directions-but do not add salt to water. Drain and cool.

In large bowl, stir together yogurt, mustard, and herb seasoning.

Add pasta, celery, and green onion and mix well. Chill for at least 2 hours.

Just before serving, carefully stir in shrimp and tomatoes.

Yields: 12 servings Nutritional Information Per Serving: Calories: 140 Fat: 1g Saturated Fat: less than 1g Cholesterol: 60 mg Sodium: 135 mg Total Fiber: 1.3 g Protein: 14 g Carbohydrates: 19 g Potassium: 295 mg