



**Strawberry Mango Pasta Salad**



# Strawberry Mango Pasta Salad

Recipe provided by Chris Flood, Bronson nutrition educator; adapted from Kraft Foods

## Serves 6

### Ingredients

- 2 cups bow-tie, spiral or other pasta, uncooked
- $\frac{1}{3}$  cup light poppy seed dressing
- $\frac{1}{4}$  cup light mayonnaise
- 4 green onions, sliced
- 1 fresh mango, diced
- 1  $\frac{1}{2}$  cups fresh strawberries, sliced
- 1 teaspoon poppy seeds
- Optional: toasted pecans

### Directions

1. Cook pasta as directed on package; omit salt. Drain and cool.
2. In a medium size bowl, mix poppy seed dressing and mayonnaise until blended. Add pasta, green onions and poppy seeds. If using toasted pecans, add to the mix. Toss lightly to coat and chill one hour.
3. Just before serving, stir in diced mango and sliced strawberries.

### Fresh Tip

Don't add the strawberries too early. It will turn the pasta pink!

### **Nutrition Information (per 1 $\frac{1}{4}$ cup serving)**

249 calories, 9g fat, 2g saturated fat, 38g carbohydrate, 5g protein, 4g fiber, 270mg sodium