

# Very Veggie Pasta Salad

Yield: 6 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chick-fil-a-light-italian-dressing-recipe>

## Ingredients:

- 1/2 box whole wheat penne pasta approximately 6 oz.
- 12 ounces broccoli florets approximately one head, chopped into florets
- 1/2 bag carrots approximately 5 oz. matchstick, you can buy carrots and julienne them yourself or be lazy like me and just buy the pre...
- 1/2 cup light italian dressing
- 1/3 cup Parmesan cheese
- 1/3 cup cilantro chopped
- 1 teaspoon crushed red pepper flake more or less depending on preference
- sea salt and fresh ground pepper to taste.
- sea salt

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. SaturatedFat: 1 grams
8. Sodium: 560 milligrams
9. Sugar: 6 grams

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