

Healthy Greek Yogurt Pasta Salad With Ham And Peas

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-pasta-salad-recipe>

Ingredients:

- 4 cups farfalle pasta whole-grain or gluten-free if desired, 10.5 ounces
- 1 cup greek yogurt plain low-fat
- 3 tablespoons mayonnaise
- 4 teaspoons white vinegar
- 2 teaspoons Dijon mustard
- 1 1/4 teaspoons salt
- 1 teaspoon dill chopped
- 1 teaspoon tarragon chopped
- 1/2 teaspoon white pepper
- 1 cup frozen peas thawed
- 1 cup diced ham finely
- 1 cup celery hearts finely diced
- 1/2 cup scallions finely chopped

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 20 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 2 grams
8. Sodium: 820 milligrams
9. Sugar: 5 grams

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