

# Mason Jar Pasta Salad

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/pasta-salad-recipe-italian-dressing-pepperoni>

## Ingredients:

- 2 ounces Italian dressing
- 1/4 cup onions chopped
- 1/2 green pepper chopped
- 1/2 red pepper chopped
- 1/4 cup black olives sliced
- pepperoni to your liking
- 2 ounces pasta Cooked, drained-cook al dente and rinse with cold water after draining.
- 4 ounces balsamic vinaigrette dressing
- 1 cup cherry tomatoes
- 1 1/2 ounces fresh mozzarella cut into bite size pieces
- 2 ounces cooked penne pasta cook al dente and rinse in cold water after draining
- 1/2 cup spinach leaves
- 1/2 cup fresh basil chopped
- 4 ounces dressing your choice, we used Italian
- 1/2 cup carrot matchsticks
- 1/4 cup black olives sliced
- 1/4 cup cucumber diced
- 1/4 cup diced tomato
- 1/4 cup red pepper or green, or both
- 1/4 cup chopped ham or turkey, or both
- 2 hard boiled eggs diced
- lettuce variety of choice, we used an iceberg blend

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 120 milligrams
4. Fat: 29 grams
5. Fiber: 4 grams

6. Protein: 13 grams
  7. SaturatedFat: 7 grams
  8. Sodium: 630 milligrams
  9. Sugar: 12 grams
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