



“Cucumber Pasta Salad”



Total Time: 45 minutes

Servings: 12

This light and tangy cucumber pasta salad is fresh and bright. The orecchiette pasta holds the dressing for flavor in every bite, but you can use another small pasta shape if you like. This easy salad is perfect for a warm day or to serve as a lunch dish for company! For a fruitier flavor, try apple-cider vinegar in place of white distilled vinegar. *Source: EatingWell.com, April 2020*

Nutrition Information: Per 1 cup

Calories	206 calories
Total Fat	10.8 grams
Saturated Fat	1.7 grams
Fiber	2.8 grams
Sodium	286 milligrams
Cholesterol	6 milligrams
Carbohydrates	24.3 grams
Iron	1 milligrams
Protein	4.8 grams
Sugar	3 grams
Potassium	155 milligrams

Ingredients:

- 12 ounces whole-wheat orecchiette pasta
- 1 medium English cucumber, halved lengthwise and thinly sliced
- 1 pint cherry tomatoes, halved
- 1 cup thinly sliced red onion
- ¼ cup chopped fresh dill
- ¾ cup mayonnaise
- 3 tbsp. white vinegar
- 1 ½ tsp. sugar
- 1 tsp. salt
- ½ tsp. ground pepper

Preparation:

1. Cook pasta according to package directions.
2. Rinse with cold water; drain well and transfer to a large bowl.
3. Stir in cucumber, tomatoes, onion and dill.
4. Whisk mayonnaise, vinegar, sugar, salt and pepper in a small bowl; add to the pasta mixture and toss to coat.
5. Refrigerate for at least 30 minutes or up to 8 hours.

TIPS:

To make ahead: Refrigerate for up to 8 hours.

Source: [Cucumber Pasta Salad](#)

