



## Bean and Pasta Salad

### INGREDIENTS:

- 1 1/2 cups      cooked or canned pink or small red beans
- 1/2 cups        sliced celery
- 2 cups          small shell macaroni, cooked and drained
- 1/4 cup         low fat Italian dressing
- 1/4 cup         low-fat mayonnaise
- 2 cups         frozen peas and carrots, thawed and drained
- 2 T              chopped parsley
- to taste        salt and pepper

### METHOD:

Combine macaroni, beans, peas, carrots and celery. Mix Italian dressing, mayonnaise, parsley, salt and pepper and toss with other ingredients. Mix well.