



Washington Farmers
Market Nutrition Program

Dressing:

- 1 ½ teaspoons vinegar
- 1 teaspoon curry powder, or more to your liking
- ¼ cup lowfat plain yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon low-fat milk
- 1 teaspoon salt

Pasta (Optional):

- 4 cups *cooked* pasta, chilled
- 1 cup fresh or frozen peas, thawed
- 1 red pepper, diced

Curry Dressing for Green or Pasta Salad

Makes 4 Servings



Directions:

1. Combine all dressing ingredients in a small bowl. Stir together with a fork or whisk.
 2. Thin the dressing with more milk, if desired.
 3. Chill well before using.
 4. Use as a salad dressing or follow instructions below for pasta salad.
- Combine peas, red pepper, and pasta in bowl. Just before serving, toss the pasta with enough dressing to lightly coat.



Washington
Senior Farmers Market
Nutrition Program

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 2. Thin the dressing with more milk, if desired.
 3. Chill well before serving.
- Use as a salad dressing or follow instructions below for pasta salad.
- Combine peas, red pepper, and pasta in bowl. Toss the pasta with dressing, enough to lightly coat, just before serving.

Nutrition Facts	
Serving size: 1/4 recipe (28g)	
Servings Per Recipe 4	
Amount Per Serving	
Calories 60	Cal. from Fat 51
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	4%
Cholesterol 5mg	2%
Sodium 633mg	25%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Note: Nutrition Facts do not include pasta

Curry Dressing

What Makes a Good Salad?

- The darker the salad greens the better! Try red or green leaf lettuce instead of iceberg. Bok choy, arugula, cilantro, cabbage and spinach leaves add wonderful flavor and nutrients to your salad.
- Experiment with fruit: add nectarine, peach or apple pieces for a nice burst of sweet flavor.
- Cooked beans, hard boiled eggs or nuts add texture and protein -- making your tasty salad more of a main meal than a side dish.
- Baked corn chips broken and mixed in with a combo of greens, tomato, bell peppers and green onions makes an easy taco-style salad that really satisfies.
- Cut or tear your salad pieces small so that flavors can blend better.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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