



Bow-tie Pasta Salad*

Number of Servings: 8

Ingredients:

- 2 cups cooked bow-tie pasta
- 1/4 cup chopped celery
- 2 tablespoons chopped green pepper
- 2 tablespoons shredded carrot
- 2 tablespoons minced onion
- 1/8 teaspoon pepper
- 2/3 cup mayonnaise
- 1/2 teaspoon sugar
- 1 tablespoon lemon juice

Directions:

1. Mix pasta, celery, green pepper, carrot and onion in a bowl.
2. In a separate small bowl, blend pepper, mayonnaise, sugar and lemon juice until smooth.
3. Pour over pasta and vegetables.
4. Mix until well coated. Chill before serving.

It is important you speak with your doctor and care team to determine if this recipe is right for you. You should always follow the dietary and fluid recommendations from your doctor.

Nutritional breakdown per serving

Fat, Total: 15 g | Sodium: 111 mg | Potassium: 61 mg

Phosphorus: 31 mg | Calories: 189 Kcal | Protein: 2 g | Carbohydrates: 12 g

*Recipe is taken with permission from the National Kidney Foundation.