

Neptune Pasta Salad

Enjoy the health benefits—and great taste—of seafood in this speedy pasta salad.

1 package Betty Crocker® Suddenly Salad® Caesar pasta salad mix
1/4 cup cold water
3 tablespoons vegetable oil
1 package (8 ounces) frozen seafood chunks (imitation crabmeat), thawed
1 1/2 cups broccoli flowerets

1. Empty pasta mix into large pan of 2/3 full boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
2. Stir together the seasoning mix, cold water and oil in large bowl; set aside.
3. Drain pasta; rinse with cold water. Shake to drain well. Stir pasta into seasoning mixture. Stir seafood chunks and broccoli into salad. Just before serving, toss with Croutons and Parmesan Topping from pasta mix.

Per Serving: Calories 335 (Calories from Fat 110); Total Fat 12 g (Saturated Fat 2 g); Cholesterol 40 mg; Sodium 180 mg; Total Carbohydrate 39 g (Dietary Fiber 3 g); Protein 21 g

% Daily Value: Vitamin A 10 %; Vitamin C 24 %; Calcium 4 %; Iron 12 %

Exchanges: 2 Starch; 2 Vegetable; 1 1/2 Lean Meat; 1 Fat

www.BettyCrocker.com