

## Lemony Vegetable Pasta Salad (Crowd Size)

*Does the thought of serving a lot of people set off your panic button? Relax, you can whip up this easy pasta salad in no time.*

### Lemon Mayonnaise

- 2 cups mayonnaise or salad dressing
- 1 cup plain fat-free yogurt
- 1/2 cup lemon juice
- 1/4 cup chopped fresh or 1 tablespoon dried tarragon leaves
- 1 teaspoon salt

### Pasta Salad

- 2 packages (16 ounces each) medium pasta shells
- 3 pounds asparagus, blanched and cut into 4-inch pieces
- 2 pounds snap pea pods, blanched
- 16 medium green onions, sliced (1 cup)
- 2 medium yellow bell peppers, coarsely chopped (2 cups)

- 1.** In large bowl, mix all Lemon Mayonnaise ingredients until well blended; set aside.
- 2.** Cook and drain pasta as directed on package. Rinse with cold water; drain.
- 3.** In large bowl, mix pasta and remaining Pasta Salad ingredients. Stir in Lemon Mayonnaise until well mixed. Cover and refrigerate 1 to 2 hours or until chilled.

**Per Serving:** Calories 310 (Calories from Fat 145); Total Fat 16g (Saturated Fat 2g); Cholesterol 10mg; Sodium 220mg; Total Carbohydrate 36g (Dietary Fiber 3g); Protein 8g

**% Daily Value:** Vitamin A 4%; Vitamin C 74%; Calcium 6%; Iron 14%

**Exchanges:** 2 Starch; 1 Vegetable; 3 Fat

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