



Schoharie County  
173 South Grand St  
Cobleskill, NY 12043  
518.234.4303  
518.296.8310  
Fax: 518.234.4305  
schoharie@cornell.edu

Otsego County  
123 Lake St  
Cooperstown, NY 13326  
607.547.2536  
Fax: 607.547.5180  
otsego@cornell.edu

Oneonta Outreach  
31 Maple St  
Oneonta, NY 13820  
607.433.2521  
Fax: 607.436.9682

cceschoharie-otsego.org

## Kielbasa-Pasta Salad

### Ingredients:

- ¾ cup tomato, chopped
- ¾ cup cucumber, chopped
- ¾ cup broccoli, chopped
- 2 cups cooked pasta
- 4 ounces low-fat kielbasa
- ¼ cup fat-free Italian dressing
- ½ teaspoon Parmesan cheese
- ¼ cup garbanzo beans, cooked
- 2 ounces non-fat or lowfat mozzarella cheese

*Makes 4 servings - 18% calories from fat*

### Instructions:

1. Clean and prepare vegetables.
2. Mix all ingredients together; reserve 1-2 Tablespoons of dressing until serving time to refresh the salad.
3. Let chill at least 1 hour.

### Note:

- Try adding pepper, carrots, celery, cauliflower, radishes, onion, mushrooms, etc.

Nutrition Facts	
Serving Size 1 1/4 cup	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 220	<b>Calories from Fat</b> 45
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein</b> 13g	
<b>Vitamin A</b> 10%	• <b>Vitamin C</b> 35%
<b>Calcium</b> 15%	• <b>Iron</b> 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.