

## Colourful Pasta Salad

**Portions:** 6

**Serving size:** 1/2 cup

### Ingredients

- 4 ounces (120 g) bow-tie pasta, uncooked
- 2 tablespoons red bell pepper
- 2 tablespoons orange bell pepper
- 2 tablespoons yellow bell pepper
- 3 tablespoons red onion
- 3 tablespoons cucumber
- 1/8 teaspoon black pepper
- 2/3 cup mayonnaise
- 1/2 teaspoon sugar
- 1 tablespoon lemon juice

### Preparation

1. Chop bell peppers, red onion, and cucumbers.
2. Cook pasta according to package instructions, without salt. Drain and rinse in cold water to cool. Place in a large bowl.
3. Mix prepared vegetables with pasta and mix to combine.
4. In a small bowl, combine remaining ingredients with a whisk, then stir into pasta and vegetables.
5. Chill for at least 1 hour before serving.

### Renal and renal diabetic food choices

- 1 starch, 1/2 low potassium vegetable, 3 fat

**Helpful hints:** To lower fat, use reduced-fat mayonnaise. Be aware that sodium content of many reduced-fat products is higher than the regular product.

- From: *Davita.com*