Sweet and Sour Seashells

Instructions

1. Cook pasta according to package directions but do not add salt to the cooking water; drain, rinse with cold water, and drain again; stir in oil

2. Transfer to a 4-quart bowl. In blender, place sugar, vinegars, water, prepared mustard, pepper, and pimentos; process at low speed for 15–20 seconds, or just enough so flecks of pimento can be seen; pour over pasta

3. Score cucumber peels with fork tines (optional); cut cucumbers in half lengthwise, then slice thinly; add to pasta, along with onions; toss well

4. Drain and serve; each serving size is 1 cup pasta on 2 lettuce leaves

Tip
Drain the marinade before serving this dish to lower the fat and sodium but keep all the great taste.

Ingredients

- 1 lb small shell pasta (9 cups cooked)
- 2 tbsp vegetable oil
- ⅓ cup sugar
- ½ cup cider vinegar
- ½ cup wine vinegar
- ½ cup water
- 3 tbsp prepared mustard
- 1/8 tsp ground black pepper
- 1 jar (2 oz) sliced pimentos
- 2 small cucumbers, rinsed
- 2 small onions, thinly sliced
- 18 leaves lettuce, rinsed and dried

Yields: 9 servings
Serving size: 1 cup pasta, 2 lettuce leaves
Calories ....................................316
Total fat.................................... 4 g
Saturated fat............................. 0 g
Cholesterol .............................0 mg
Sodium.................................70 mg
Total fiber................................ 4 g
Protein..................................... 8 g
Carbohydrates..........................62 g
Potassium...........................300 mg

To help organizations help people shop for, prepare, and serve healthy meals, the National Heart, Lung, and Blood Institute (NHLBI) has created these Keep the Beat Recipes Tools and Resources. Additional information about the recipe may be accessed by visiting www.nhlbi.nih.gov.