

Pickled Pasta Salad

A great "make ahead" salad

Original Recipe

<i>Ingredient</i>	<i>Calories</i>
1lb. box of Penne pasta	1600
1 C White Vinegar	0
1 C Sugar	773
1 Med. Cucumber	24
1 Med. Onion chopped	60
<i>Dressing</i>	
2 T Yellow Mustard	0
1 t Garlic Powder	10
1 t Cracked Black Pepper	8
1 t Parsley Flakes	2
1 t Salt	0

Revised Recipe

<i>Ingredient</i>	<i>Calories</i>
3 C Penne pasta, dry	945
1 C White Vinegar	0
1 C Splenda sugar substitute	96
2 Med. Cucumbers	48
1 C Onion, chopped	60
2 C Carrots, coarsely shredded	96
<i>Dressing</i>	
2 T Yellow Mustard	0
1 t Garlic Powder	10
1 t Cracked Black Pepper	8
1 t Parsley Flakes	2
1 t Salt	0

Total Original Calories 2,477

Total Servings/Recipe 8

Serving Size/Recipe 1 Cup

Calories/Serving 310

Total Revised Calories 1,265

Total Servings/Recipe 8

Serving Size/Recipe 1 Cup

Calories/Serving 158

Calorie Reduction 51%

Cook pasta, drain and set aside in large mixing bowl. Slice cucumbers, unpeeled, paper thin. Add cukes, onions and carrots to pasta. Mix dressing with wire whisk and stir in thoroughly into pasta and vegetables. Refrigerate 2-3 days before serving, stirring once each day. Keeps for up to 3 weeks in fridge. *Note*: If salad becomes too *pickled* for your tastes after a week, stir in a little more Splenda.

Reduction Deductions

I had this salad at a BBQ years ago, and have always loved it because it was easy to make, could be made so far in advance and kept forever in the fridge - and of course, because it tasted great too. But what's most interesting about this remake is that all the original ingredients were already fat free, which left me with only 2 possible ingredients to work with on the calorie front: pasta and sugar. The only logical conclusion was to use less pasta and a sugar substitute. The volume lost with less pasta was easily replaced by doubling the amount of cucumbers used and adding the carrots; but I figured the sugar substitute had a 50/50 shot of working at best in this particular recipe. Remarkably, the substitute was equally effective to the pickling process as sugar.