

VEGGIE PASTA SALAD

PREHEAT: burner, medium to high temperature

PAN: saucepan, large

* 8 ounces pasta, shape of choice (Penne, Elbow, Ziti!) –(try Spelt pasta)

Place in saucepan. Cover with water. Put in burner and bring to boil. Turn down heat and simmer until pasta is slightly tender. Drain and rinse under cool water.

* 1 cups broccoli florets (just tips), steamed

* 1 cup peas, steamed (Steam together with broccoli to save time.)

* 1 cup cherry tomatoes

* 1 cup white cheese of choice, low-fat shredded

* 2 tablespoon Italian dressing (no added sugar)

Combine in large salad bowl. Stir well. Add pasta. Serve.

OPTIONS:

Add chopped green olives, carrots, baby corn, red onions, red cabbage, artichoke hearts, or other vegetables of choice.

Add cooked or deli turkey or chicken, or chopped hard-boiled eggs

5+ COLORS: white, golden, green, red, brown (+ other option colors)

FOOD CIRCLES: grains, essential fatty acids, vegetables, fruit, dairy

Cooking Time: 20 minutes (pasta) – varies per pasta shape

Prep Time – prepared rest of recipe while pasta is cooking.

Number of Servings: 4-8

Serve With: broiled chicken, water

Comment: “Easy to make. Tastes good. We liked it with black olives.” (mother of two) This may be customized for your kids.