



## Veggie Pasta Salad

**PREHEAT:** 1 burner medium-high temperature

**PANS/EQUIPMENT:** large saucepan

**PREP TIME:** prep while pasta is cooking!

**COOK TIME:** 20 minutes - varies by type and shape of pasta

**NUMBER OF SERVINGS:** 4 or more depending on ages



**8 ounces pasta, shape of choice – try Spelt pasta!**

Bring water to a boil in saucepan. Add pasta. When water returns to a boil, turn down heat and simmer until pasta is slightly tender or al dente. Drain and rinse under cool water.

**1 cup 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, reduced sodium)**

Combine in large salad bowl. Stir well. Add pasta. Serve cold or hot.

**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 for protein.

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

**SERVE WITH:** broiled chicken, water

**5+ GOD-MADE FOOD COLORS:** white, golden, green, red, brown, + other option colors

**5+ FOOD GROUPS:** whole grains, essential fatty acids, vegetables, fruit, dairy, + poultry & egg options