



VEGGIE-PACKED PASTA SALAD

Serves: 8

Time: 30 minutes

Ingredients:

6 ounces Pasta (or Garbanzo Beans, Farro, Quinoa, etc.)

4 cups Assorted Veggies, cut into bite-sized pieces

1/2 cup Dressing of Choice

Sauce Options:

Herbed Oil & Vinegar (3T olive oil, 1T vinegar, 1 crushed garlic clove, 1t dried herbs, salt to taste)

Pesto (1 cup fresh basil, 2T olive oil, 1T nut of choice, 1/4 cup Parmesan cheese)

Suggested Vegetables:

Green: Spinach, Cucumber, Asparagus, Bell Pepper, Onion

Red/Orange: Grape Tomatoes, Bell Pepper, Onion

Yellow/Orange: Carrots, Bell Pepper, Onion

Use any of your favorites! Try to include as many colors as you can!

Directions:

1. Bring a pot of water to boil. Salting water is optional.
2. Cook your pasta or grain of choice according to package directions. If using canned garbanzo beans, drain and rinse.
3. While your pasta is cooking, prepare dressing of choice. Oil and vinegar dressing can be made in the serving bowl or shaking in a mason jar. Pesto will require a food processor, blender or mortar and pestle.
4. Prepare your veggies. Rinse well to remove any surface dirt. Cut into bite-sized pieces.
5. Drain pasta and rinse well with cold water for about 1 minute until pasta is cooled.
6. Add pasta, dressing and veggies to a large bowl and toss well to combine.
7. Enjoy! Pasta salad will keep up to one week in the refrigerator.

Nutrition Facts: 137 calories, 6g fat, 1g saturated fat, 18g carb, 4g protein, 73mg sodium, 2g fiber

This recipe is great for using up odds-and-ends vegetables you need to use but aren't quite sure how! There are plenty of substitutions you can make and still have a delicious side dish - it is more of a starting point and inspiration recipe!

Prairie Ridge

HEALTH

Inspired by you