

Veggie Pasta Salad

Provided by Placer / Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet

RECIPE TYPE: Main Dish, Salad

SERVES: 5-6

PREP TIME: 20 minutes + Chilling



INGREDIENTS:

- 2½ cups uncooked spiral pasta
- 4 cups assorted cut-up vegetables (broccoli, carrots, celery, bell peppers, cauliflower, summer squash, beets, etc.)
- 1 tablespoon water
- 1/4 cup green onions, chopped
- 1 can beans, drained and rinsed
- 1 cup vinaigrette or dressing of your choice
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

Optional items:

Grilled chicken; 1/4 cup parmesan cheese

DIRECTIONS:

1. Cook pasta according to package directions. Meanwhile, in a microwave-safe dish, combine the assorted vegetables and water. Cover and microwave on high for 3 minutes. Drain.
2. Drain pasta and rinse in cold water. In a large bowl, combine the pasta, steamed vegetables, onions, beans, and optional items. Toss with the dressing, salt, and pepper to thoroughly combine.
3. Cover and refrigerate for at least 20 minutes. Toss again before serving.

