

Italian Veggie Pasta Salad

Provided by the Auburn Interfaith Food Closet

RECIPE TYPE: Side Dish

SERVES: 8-10

TOTAL TIME: 20 minutes + Chilling



INGREDIENTS:

- 8 ounces uncooked spiral pasta
- 3 cups assorted vegetables, chopped (e.g. broccoli, carrots, celery, bell peppers, cauliflower, summer squash, etc.)
- 1 tablespoon water
- 1 cup grape tomatoes, cut in half
- ¼ cup onion, diced
- 1 can (2 ¼ ounces) sliced black olives, drained (optional)
- 1 can (1 ½ cups cooked) black beans
- 1 cup Italian salad dressing (or other dressing of your choice)
- ¼ teaspoon salt

DIRECTIONS:

1. Cook pasta according to package directions.
2. Meanwhile, combine vegetables and water in microwave-safe dish. Cover and microwave on High for 2-3 minutes. Immediately place vegetables in ice water. Drain and pat dry.
3. Drain pasta, rinse with cold water, and drain well.
4. In a large bowl, combine the pasta, vegetables, tomatoes, onion, olives and beans.
5. Toss with the dressing and salt. Cover and refrigerate. Serve chilled.



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