

PASTA SALAD



A Mobile Market Recipe

Makes: 4 Servings

Ingredients:

8 oz. short pasta (elbows, rotini, etc.)

3 cups chopped vegetables*

Protein (pick three)

- 1 can tuna or chicken
- 1 can beans
- 4 hard-boiled eggs, chopped
- 1 cup cooked meat, chopped
- 1 cup cheese (grated or diced)

1 cup dressing**

*Vegetable ideas:

Celery, peppers, cucumber, onion, broccoli, frozen peas, tomatoes, carrot, zucchini, yellow squash, green beans, canned or frozen mixed vegetables, chopped spinach

**Creamy Italian Dressing recipe:

½ cup mayonnaise

4 tablespoons oil

2 tablespoons vinegar

½ teaspoon mustard

1 clove garlic, minced

1/3 tsp. dried thyme (1 tsp. fresh)

1/3 tsp. dried basil (1 tsp. fresh)

1/3 tsp. dried oregano (1 tsp. fresh)

¼ tsp. salt

¼ tsp. red pepper flakes

Dash black pepper

Instructions:

1. Bring a large pot of lightly salted water to a boil. Add the pasta and cook until tender 8 minutes or as instructed on the package. Drain, rinse under cold water, drain more.
2. If making the dressing: in a large bowl, mix the mayonnaise and dressing ingredients well.
3. If using prepared dressing, measure 1 cup into a large bowl.
4. Stir in the vegetables, protein(s) of choice and the pasta. Mix well.
5. Chill before serving; at least 4 hours to overnight is best. If the salad appears dry, you can mix in a little more dressing or mayonnaise.