



Pasta and Veggie Salad

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
8 cups	penne/rotini noodles, cooked	2 L
2	red peppers, finely diced	2
1	cucumber, finely chopped	1
½ cup	parsley, finely chopped	125 mL
¼ cup	fresh basil, minced	60 mL
¼ cup	fresh mint, minced	60 mL
1 tbsp	lemon zest	15 mL
2	cloves of garlic	2
½ cup	vinegar or lemon juice	125 mL
½ cup	vegetable oil	125 mL
1 tsp	salt	5 mL
½ tsp	pepper	2 mL
1 cup	cherry tomatoes, cut in half	250 mL
Optional ingredients:		
	black olives	
	sundried tomatoes	
	feta cheese	

Instructions

1. In a large bowl, combine noodles, red peppers, cucumber, parsley, basil, mint, lemon zest, and garlic.
2. In a small bowl, combine vinegar, oil, salt, and pepper to make the vinaigrette.
3. Pour vinaigrette over vegetable noodle mix and toss to combine.
4. Refrigerate for 1 hour for flavours to combine.



Nutrition Information

Serving 44 g

Calories 60

Fat 2.5 g

Saturated 0 g

+ Trans 0 g

Sodium: 50 mg

Carbohydrates: 8 g

Fibre 0 g

Sugars 1 g

Protein 2 g

Calcium 0 mg

Iron 0.5 mg

Food Guide Servings

¼ Vegetable & Fruit