



## “Worm” Pasta Salad

Makes: 50 servings

### Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	fresh basil	750 mL
1 cup	fresh parsley	250 mL
3	cloves garlic	3
1 tbsp	lemon juice	15 mL
1 tsp	salt	5 mL
½ cup	vegetable oil	125 mL
½ cup	parmesan, grated	125 mL
2 cups	Greek-style yogurt or sour cream	500 mL
16 cups (4 lbs)	whole wheat pasta (ex: spaghetti, noodles, fettuccini)	4 L (1.8 kg)

### Instructions

1. In the bowl of a food processor, combine fresh basil, fresh parsley, garlic, lemon juice, salt, olive oil and parmesan to make pesto.
2. Add enough oil to create a smooth paste.
3. Bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain and cool under running water. Toss with small amount of oil.
4. In a large bowl, combine pesto and yogurt/sour cream. Combine well.
5. Add pasta and gently combine.
6. Garnish with basil leaves and parmesan.



**Nutrition Information**

Serving 53 g

Calories 80

Fat 3 g

Saturated 0.5 g

+ Trans 0 g

Sodium: 70 mg

Carbohydrates: 10 g

Fibre 1 g

Sugars 1 g

Protein 3 g

Calcium 30 mg

Iron 0.5 mg

**Food Guide Servings**

½ Grain Product