

Rainbow Pasta Salad

Rainbow Pasta Salad Recipe

Recipe:

1 lb (box) Pasta (any kind desired). Use whole grain pasta for optimal health benefits of this dish. The main purpose is to have children try new vegetables and like them, so if they are skeptical about trying whole grain pasta white pasta is okay to use.

3 tablespoons olive oil. (1 tablespoon to add to pot of boiling water for pasta. 2 tablespoons for drizzling over pasta salad).

Lots of different colored vegetables. Try to use at least 1 vegetable or fruit from every color of the rainbow. Children choose which vegetables they want to add to their pasta plate.

Here are some good options:

Red	Orange	Yellow	Green	Blue	Purple	White
Tomatoes Red Pepper Radishes Sun dried tomatoes	Carrots Orange Pepper	Corn Summer Squash Yellow Pepper Yellow onion	Broccoli Spinach Kale Zucchini Green pepper Peas Asparagus Green beans Snap peas	Blueberries	Bermuda Onion Eggplant	Cauliflower White onion

Pasta Salad Recipe Continued

Dressings and Sauces

Dressings and/or sauces make this dish complete and add fun flavor to the plate to make the dish tasty and enjoyable for children.

Children choose their own dressing or sauce. Here are some good options to offer:

- **Pesto Sauce**
- **Tomato Sauce**
- **Olive Oil, Vinegar, and Parmesan or Romano Cheese**
- **Any Salad Dressing**

Method:

Boil pasta while children chop up the vegetables. When pasta is done set aside in sink rinse with cold water to cool down. Dish pasta out to children so each child has their own bowl. Then have children add their vegetables and sauce.

