

Kids in the Kitchen



SUMMER PASTA SALAD

INGREDIENTS

- 1 box (16 oz) rotini pasta
- 1 cup mozzarella cheese cubes (Cheddar works too!)
- 1 cup cherry tomatoes, halved
- 1 orange bell pepper, diced
- 1 cup corn*
- 1 cup broccoli florets, chopped**
- 1 cup diced purple cabbage
- 1 bottle (8 oz) Italian dressing
- ½ cup grated Parmesan cheese
- * If using canned corn, drain it first. If using frozen corn, thaw it first.
- ** If using frozen broccoli, place the frozen broccoli in a colander, run cold water over it until thawed, pat it very dry with paper towels, chop into bite-sized pieces if needed.

DIRECTIONS

1. Cook pasta according to the package directions. Drain and cool.
2. Add all the vegetables and mozzarella to a large bowl.
3. Pour in the Italian dressing and toss until evenly coated.
4. Sprinkle with Parmesan and chill for at least 30 minutes before serving.

MODIFICATIONS

- Boost calories and protein by adding:
- Diced rotisserie chicken, pepperoni or salami, extra cheeses
- Boost calories and fats by adding:
- A drizzle of olive oil before serving, chunks of avocado, black olives

