

CARNIVAL PASTA SALAD

Easy Recipe

This salad looks like a carnival because of all the colours in it! Ingredients and variations of pasta salads vary greatly depending on culture and personal preferences. Get creative with the colours and vegetables added into this recipe - purple peppers and peas are always bright additions. This dish is great for feeding large groups and is always a crowd pleaser!

PREP TIME:

15 minutes

COOKING TIME:

10 minutes

AMOUNT RECIPE MAKES:

6 servings

SKILLS USED:

Measuring, cutting, peeling, grating, mixing/ stirring, whisking, cooking pasta on the stove

[Adapted from Food Network](#)

Nutrition Nuggets: Pasta, made from wheat flour, provides essential energy for your body, supporting daily activities and overall well-being.

Leftover Love: Pasta salad is a great dish to make a large batch of and have to eat for leftovers later in the week! Portion out the leftover pasta salad and put it in airtight containers to eat for a quick meal on the go.

Food for Thought: Once the pasta is cooked, strain it and rinse it with cold water. Once cooled, drizzle the pasta with a small amount of olive oil. The olive oil will help ensure the pasta does not stick together while preparing the other ingredients!

EQUIPMENT:

- Stove
- Large pot
- Colander
- Cutting board
- Knife
- Large bowl
- Small bowl
- Whisk
- Measuring cups and spoons

INGREDIENTS:

- 375 g box whole grain fusilli or rotini pasta
(can use gluten-free, if necessary)
- 2 carrots, peeled and diced
- 1 red pepper, seeded and diced
- 1 yellow pepper, seeded and diced
- 1 zucchini, diced
- 1 tablespoon Dijon mustard
- 1 tablespoon apple vinegar
- 1 tablespoon white balsamic vinegar
- 1 teaspoon sea salt
- 1/2 cup olive oil
- 1/4 cup grated Parmesan
(can use vegan cheese or leave out)
- 1/4 cup chopped fresh basil *(optional)*

DIRECTIONS:

1. Prepare pasta per directions on the box. Drain and set aside.
2. Meanwhile, in a large bowl, combine carrot, peppers, and zucchini. Add pasta and toss to combine.
3. To prepare the dressing, whisk Dijon mustard, apple vinegar, white balsamic vinegar, salt, and olive oil until smooth and emulsified.
4. Add dressing to the pasta salad. Toss well and top with Parmesan and basil.