

Easy Farfalle Pasta Salad



MEDAVIE



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Recipe makes: 13 to 14 servings (1 cup per serving)

Preparation time: 1 hour

Cook time: 10 to 12 minutes

Equipment: one set of measuring spoons, one set of measuring cups, one cutting board, one large knife, one vegetable peeler, one stove or hotplate, one large pot, one colander or strainer, one pair of oven mitts, one large mixing bowl, one small bowl, plastic wrap, one fridge

What you need to make this recipe:

- ✓ 1 pound (450 g) whole wheat farfalle (bowtie) pasta
- ✓ 4 tablespoons + 1 teaspoon olive oil
- ✓ 2 tablespoons lemon juice
- ✓ 1 teaspoon dried basil
- ✓ 1 teaspoon garlic powder
- ✓ 1 teaspoon salt
- ✓ 1 medium red bell pepper, diced
- ✓ 1 cup canned sweet corn kernels, drained and rinsed
- ✓ 2 mini cucumbers, cut into ¼ inch (0.5 cm) thick slices
- ✓ 1 medium carrot, peeled and diced
- ✓ 1 small red onion, peeled and diced
- ✓ ½ cup chopped fresh parsley

* To learn what “al dente” means, see “About this recipe on the next page.

How to make Easy Farfalle Pasta Salad:

1. Fill a large pot $\frac{3}{4}$ full of water and put the lid on the pot. Put the pot on the stove or hotplate and turn the heat on to high.
2. When the water is boiling, carefully add the pasta to the water. Stir the pasta and water to stop the pasta from sticking to the pot.
3. When the water and pasta are boiling, turn the heat down to medium. Cook the pasta, uncovered, at a strong simmer until it is al dente*.
4. Using a colander or strainer, drain the pasta.
5. Put the pasta in a large bowl. Add 1 teaspoon of the olive oil to the pasta. Using a large spoon, gently stir until the pasta is evenly coated in oil.
6. Put the lemon juice, basil, garlic powder, salt, and 4 tablespoons of the olive oil in a small bowl. Using a fork, whisk until combined.
7. When the pasta is completely cool, add the pepper, corn kernels, cucumber, carrot, onion, and parsley to the bowl. Stir until combined.
8. Pour the lemon juice mixture over the pasta and vegetables. Stir until the pasta and vegetables are evenly coated in the dressing.
9. Cover the pasta salad with plastic wrap and chill in the fridge for 30 minutes.
10. Serve the pasta salad cold.

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Nutrition Facts	
Per 1 cup (150 g)	
Calories 170	% Daily Value*
Fat 6 g	8 %
Saturated 1 g	5 %
+ Trans 0 g	
Carbohydrate 26 g	
Fibre 4 g	14 %
Sugars 3 g	3 %
Protein 5 g	
Cholesterol 0 mg	
Sodium 210 mg	9 %
Calcium 20 mg	2 %
Iron 1.75 mg	10 %
Vitamin A 50 µg	6 %
Vitamin C 20 mg	22 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Maximum	

Allergy information:

Contains wheat and gluten.

About this recipe:

“Al dente” means “to the tooth” in Italian. This term is used to describe how firm cooked pasta should be for a recipe. When pasta is cooked to “al dente”, it means that it is soft but still chewy.

Substitutions:

To make this recipe wheat and gluten-free, use certified gluten-free farfalle pasta.

Fusilli pasta can be used instead of farfalle pasta.

1 ½ cups of chopped English cucumber can be used instead of the mini cucumbers.

Storage information:

Store the pasta salad in an airtight container in the fridge for up to 4 days.