

"MAKE IT UP AS YOU GO" PASTA SALAD

From the Kitchen of: Renee Ringholz, Community Member

Preparation Time: 20-30 minutes | **Cook Time:** 15 minutes | **Yield:** 4 bowls

Common Allergens: Wheat (Optional), Milk (Optional)

This flexible pasta salad features "the best of summer with fresh herbs and vegetables," and is recipe contributor, Renee's "go-to" for hosting backyard "garden relaxing" gatherings with friends during the summer months. Renee invites their friends to bring something from their own vegetable gardens to contribute to the pasta salad!

This recipe is easily adaptable and easy to make. Mix and match the ingredients based on what you have on hand or what's in season! You can even make the "salad" portion ahead of time and grill the vegetables just before you are ready to serve and eat the dish.



INSTRUCTIONS:

- Cook the pasta according to package directions, minus 1-2 minutes of cooking time for al dente pasta.
- While the pasta is cooking, briskly mix the lemon juice, olive oil and mustard together in a small bowl. When the pasta has reached al dente, drain it, and place it in a large mixing bowl. Add the dressing and beans while the pasta is still warm. Stir the mixture well.
- Add the salt and pepper to taste and let the dressed pasta cool fully.
- Roughly chop the herbs, chop the desired vegetables into bite-sized pieces, and prepare the vegetables as desired.
- Grill some of the vegetables, such as asparagus, zucchini, and peppers or alternatively sauté or roast them in a pan until tender when poked with a fork. Other vegetables, such as tomatoes or cucumbers, can be added raw.
- Once the pasta has cooled add the chopped herbs, prepped vegetables, and cheese.
- Serve and enjoy!

INGREDIENTS:

- 1 pound rotini pasta (or shells, farfalle, or fusilli)
- 1-2 lemons, juiced (around $\frac{1}{4}$ cup)
- $\frac{1}{4}$ cup extra virgin olive oil, more to taste
- 1 Tablespoon Dijon mustard
- salt and pepper, to taste
- 1 bundle (about 1 cup chopped) of fresh herbs, such as parsley, dill, and basil
- Seasonal vegetables, cooked or raw (peppers, asparagus, zucchini, green beans, cucumber, eggplant, celery, green onion, red onion, beets, etc.)
- 4 ounces crumbled feta or goat cheese (or non-dairy cheese of choice)
- 1 can (or 1 1/2 cups cooked) white beans, such as garbanzo, cannellini, or northern, drained and rinsed