

WHOLE WHEAT PASTA SALAD

Serves: 10

Ingredients:

- 1/3 cup fresh lemon juice
- 1 teaspoon minced garlic
- 1 teaspoon Dijon mustard
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup extra virgin olive oil
- 1/2 lb. whole wheat rotini pasta, cooked according to package directions
- 1 cup broccoli florets
- 1 cup chopped cauliflower
- 1 cup sliced carrots
- 1 bell pepper, chopped into 1/2" pieces
- 1 cup cherry tomatoes, halved
- 3 green onions (scallions), thinly sliced
- 1 teaspoon grated lemon zest (optional)
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon finely minced parsley

Directions:

- Cook pasta to package directions
- Steam broccoli, cauliflower and carrots in a microwave safe container on medium for 5 minutes
- While pasta and vegetables are cooking, whisk together lemon juice, garlic, mustard, salt and pepper in a medium bowl.
- Slowly drizzle in the olive oil, whisking all the while, to form an emulsion.
- When both the pasta and vegetables are done, drain off any excess water and add to the bowl with the dressing while still warm
- Add bell pepper, tomatoes, green onions, lemon zest (if using) and Parmesan cheese to the bowl and gently stir to combine.
- Chill until cold, about 1 hour.
- Right before serving, garnish with minced fresh parsley.



The Mickey Check is a tool that makes it easier to identify nutritious choices in stores, online and while on vacation at Walt Disney Parks and Resorts. To learn more, visit DisneyMickeyCheck.com

ALWAYS wash fruits and veggies when preparing for cooking or eating.
When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.

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