BROCCOLI PASTA SALAD
Makes 8 Servings

Ingredients:
4 cups cooked pasta
2 cups cooked broccoli pieces
1 cup cooked carrot slices
1/2 cup red or green pepper strips
1/4 cup sliced green onions
1/2 cup salad dressing

Instructions:
Mix all ingredients together and refrigerate for about 30 minutes before serving.

Note: For a more hearty salad, add strips of cooked meat, cooked beans or sprinkle with grated cheese.

Adapted from: Oregon’s Healthy Harvest Recipes, Oregon State University Extension Service

WHAT’S IN IT FOR YOU?
- Vitamin C to help you stay healthy
- Vitamin A for healthy vision and skin

SERVING IDEAS
- Boil or steam broccoli in a small amount of water until tender. Add cooked garlic.
- Cut raw broccoli into small pieces and add to salads, or dip in dressing.

STORAGE
- Store unwashed broccoli in an open plastic bag in the refrigerator for up to 5 days.

WEB RESOURCES

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