

6-INGREDIENT PASTA SALAD

Makes: 6 cups

Prep Time: 10 minutes

Cook Time: 10 minutes



INGREDIENTS:

- 1 cup uncooked elbow macaroni
- 1, 15-ounce can black beans, drained and rinsed
- ½ cup canned carrots, drained and rinsed
- ½ cup canned diced tomatoes, drained and rinsed
- ½ cup chopped fresh broccoli
- ¼ cup Italian salad dressing

INSTRUCTIONS:

1. Wash hands with soap and water.
2. Scrub broccoli under cold running water before preparing.
3. Cook pasta according to package directions.
4. While pasta is cooking, combine beans, veggies, and salad dressing in a large bowl.
5. Drain cooked pasta and add to bowl of veggies. Stir to combine. Cover and chill until ready to serve.

MAKE IT YOUR OWN!

INGREDIENTS:

- 1 cup uncooked pasta
- 1 ½ cups protein of choice, cut into bite-sized pieces
- 1 ½ cups chopped veggies, frozen, canned, or fresh
- ¼ cup salad dressing



INSTRUCTIONS:

1. Wash hands with soap and water.
2. Scrub all fresh produce under cold running water before preparing.
3. Cook pasta according to package directions.
4. While pasta is cooking, combine protein, veggies, and salad dressing in a large bowl.
5. Drain cooked pasta and add to bowl of veggies. Stir to combine. Cover and chill until ready to serve.

Recipe from FoodHero.org



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