



Summer Squash Pasta Salad



1-800-WIC-1007

Ingredients

1 cup dry whole wheat penne, fusilli,
farfalle, or macaroni noodles
1 yellow squash
1 zucchini
1 tomato

¼ cup diced red onion
½ cup shredded mozzarella cheese
½ cup salad dressing of choice (Italian, Greek,
Ranch, etc.)

Directions

1. Prepare pasta according to the directions on the package. Place the noodles into a mixing bowl and cool in the refrigerator while you prepare the remaining ingredients.
2. Dice the squash, zucchini, tomato, and onion into small bite size pieces and place into another bowl.
3. Add the mozzarella cheese and salad dressing.
4. Lastly, add the cooked noodles and toss to combine.
5. Serve immediately or can be prepared ahead of time and cooled. Keep in the fridge for 3-5 days.

Serves: 6 • Serving Size: ½ cup • Prep Time: 5 minutes • Cook Time: 15 minutes

Chef Tips

1. Substitute vegetables depending on what is in season
2. Vary your pasta noodles, dressing, and cheese
3. If you don't have pasta, make a simple veggie salad with these ingredients
4. Add a can of beans for more protein
5. Make your own dressing

Supplies

- Pot
- Strainer
- Large mixing bowl
- Cutting board
- Knife
- Dry/liquid measuring cups
- Large spoon for mixing & serving



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Nutrition Facts Per Serving: 110 Calories, 4 g Fat, 16 g Carbohydrate, 6 g Protein