

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

Summer Veggie Pasta Salad



Ingredients:

- 12 oz. bow tie pasta (try whole grain version)
- 2 medium roma tomatoes
- 1 medium summer squash
- 1 medium zucchini
- 1 medium broccoli crown
- ½ medium red onion
- ½ bunch parsley
- Your favorite vinaigrette to taste

Preparation:

1. Boil the pasta in lightly salted water for 5-7 minutes or until tender. Drain and cool.
2. Wash the vegetables and cut into bite sized pieces making sure the onions are thinly sliced and the parsley is removed from the stem.
3. Combine the cooked pasta and chopped veggies in a bowl and drizzle your favorite vinaigrette over top and stir until everything is well mixed.
4. Serve immediately or refrigerate until ready to eat.

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat's website has more recipes for fresh summer veggies and fruits:

www.junehealthandwellness.com