



Zona Pasta Salad

Ingredients:

- ¼ cup olive oil
- ¼ cup lemon juice, fresh
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 garlic clove, minced
- 1 teaspoon. dry basil
- ¼ cup fresh parsley, chopped
- ½ head broccoli, chopped
- ½ red bell pepper, chopped
- ½ head cauliflower, chopped
- 3 cups (8oz.) tricolor corkscrew pasta, cooked and drained
- ¼ cup parmesan (optional)

Instructions:

1. Combine ¼ cup olive oil, lemon juice, salt, pepper, garlic, basil, dill weed, and parsley in medium bowl.
2. In a separate bowl combine broccoli, red pepper, cauliflower, and pasta.
3. Pour dressing over pasta and veggies and toss together.

Variations:

- Sautee veggies in olive oil to soften them.
- Add olives or cherry tomatoes for more color.

Prep Time: 10 minutes

Cooking Time: 10 minutes

Equipment:

Knife
Cutting board
Medium bowl
Large bowl
Measuring spoons/ cups
Mixing spoon

Servings: 10

Serving Size: ½ cup



Nutrition Facts: 130 Calories, 7 g Fat, 1 g Saturated Fat, 16 g Carbohydrates, 4 g Protein, 1 g Fiber, 1 g Sugar, 160 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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