



Fresh and Furious

Pasta Salad

Prep Time: 10 mins Cook Time: 5 min Serves: 12

Ingredients:

Salad

- 1 package of whole wheat rotini pasta
- 1 Tbsp olive oil
- 2 zucchinis
- 1 cup cherry tomatoes
- 2 bell peppers
- 1 fennel bulb or 2 cucumbers
- ½ red onion
- 1 Tbsp fennel fronds
- 1 Tbsp dill
- ¼ cup basil
- 1- 8oz package of small mozzarella balls

Dressing

- ½ cup olive oil
- 3 Tbsp lemon juice
- ¼ tsp salt
- ¼ tsp pepper

Instructions:

1. Make the pasta according to the instructions on the box, toss with a little olive oil and set aside in the refrigerator.
2. Cut the zucchini, tomatoes, peppers, cucumber and onion into bite size pieces. If using fennel, slice it as thin as possible.
3. Chop the fennel fronds, dill and basil with scissors.
4. Add all of the salad ingredients to the bowl of pasta.
5. Add all of the dressing ingredients into a jar with a tight fitting lid, and shake until it is well combined.
6. Add the dressing to the salad and stir to make sure it is all mixed together.

**Try using other
seasonal veggies
and herbs!**