

Recipe

Rainbow Pasta Salad

INGREDIENTS:

1/2 pound uncooked, small-shaped pasta
variety of vegetables
3 T. lemon juice
1 tsp. honey OR pure maple syrup
1/4 cup olive oil
2 T. grated Parmesan cheese
salt and pepper

**Caution: Always check for allergies before serving foods. Make substitutions as needed*

DIRECTIONS:

Prepare the vinaigrette by whisking together the lemon juice, honey, olive oil, and Parmesan cheese. (Alternatively, you can opt for a store-bought vinaigrette.) Cook the pasta to package directions. Drain and toss with the vinaigrette. Add salt and pepper to taste, then set aside.

Gather a variety of vegetables for children to help prepare. The vegetables will not be cooked, so choose those that work well when eaten fresh. Some options could include bell peppers, cucumbers, tomatoes, carrots, broccoli, sugar snap peas, etc. Have children wash their hands in preparation of helping. Invite children to help wash and cut up the foods with child-safe knives and cutting boards. Set the chopped vegetables aside. Bring out the prepared pasta and scoop a serving for each child into a bowl. Invite children to choose several different vegetables to add to their pasta.

