

Basic Pasta Salad

- 1) 4 cups cooked pasta.

The amount of dry to start with depends on the shape (2 cups elbows, 2-1/2 cups shells, 3 cups bowties or fusilli.) Cook and drain but don't rinse the pasta.

- 2) Add a total of 4 cups of fresh vegetables, cut or torn into bite-sized pieces. May use raw or blanched, leftover steamed, grilled, or roasted vegetables. Suggestions:

- Greens such as arugula, spinach, kale, etc.
- Broccoli/cauliflower
- Cucumber
- Fennel bulb
- Mushrooms
- Onion/scallions
- Peas/snow peas/snap peas
- Peppers
- Tomatoes
- Zucchini/summer squash
- Green or wax beans
- Asparagus
- Kohlrabi
- Salad turnips (hakurei, scarlet)
- Baby beets
- Radishes

- 3) 1 - 2 cups protein, in bite-sized pieces:

- Hard boiled eggs
- Cooked chicken or turkey breast
- Cooked ham
- Legumes: beans or lentils
- Chunk light tuna
- Cooked/canned/smoked salmon

- 4) Boost the flavor with 1/2 to 1 cup salty ingredients such as:

- Capers
- Cheese
- Olives
- Pepperoncini
- Prosciutto/salami
- Dill pickle
- Sun-dried tomatoes

5) Toss with dressing of choice:

Creamy Buttermilk Dressing

Mash 1 clove garlic and 1/4 t. salt into a paste. Whisk in 1/2 c. buttermilk, 1/4 c. mayonnaise, and 3-4 T. fresh herbs, and 1 T. distilled white vinegar

Herb Vinaigrette

Whisk 1/4 c. each extra-virgin olive oil, reduced-sodium chicken broth and red wine vinegar in a bowl with 3-4 T. fresh herbs, 2 T. finely chopped shallots, and 1/4 t. each salt and pepper.

(Adapted from *Eating Well*)