

## LUNCHTIME PASTA SALAD



### Ingredients

4 Ounces Whole Wheat Pasta Shells

1 Cup Cherry Tomatoes

4 Ounce Mozzarella Cheese

2 Cups Fresh Spinach or Lettuce

8 Ounces Deli Ham (no binder, filler or extenders)

3 Tablespoons Olive Oil

¼ Teaspoon Salt

¼ Teaspoon Black Pepper, Ground

2 Tablespoons Lemon Juice

### Directions

1. Cook pasta according to package directions, then drain and allow to cool.
2. Quarter cherry tomatoes, cut mozzarella into cubes, chop spinach, and dice the ham.
3. Add the tomatoes, cheese, spinach, and ham to the pasta; toss to combine.
4. Whisk together olive oil, salt, pepper, and 1-2 tablespoons lemon juice to taste.
5. Top salad with dressing and serve.

YIELD:  
6 CUPS

### Crediting

Provides a Grain/Bread, Meat/Meat Alternate and Vegetable at Lunch/Supper:

Toddler  
⅔ Cup

Preschool  
1 Cup

School Age  
1⅓ Cups

Adult  
1⅓ Cups