



# KID-FRIENDLY PASTA SALAD

October 6

National Noodle Day



## INGREDIENTS

- 6 Ounces Uncooked Farfalle Pasta (enriched or whole grain rich)
- ¾ Cup Frozen, Thawed Green Peas
- ¾ Cup Shredded Carrots
- ¾ Cup Diced Cucumber
- ¾ Cup Diced Red Bell Pepper
- ¾ Cup Steamed Corn Kernels
- ¼ Cup Olive Oil
- ¼ Cup Lemon Juice
- 2 Teaspoons Salt

## DIRECTIONS

1. Cook pasta according to package directions.
2. Mix the pasta with the rest of the ingredients in a bowl and serve at room temperature or cold.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

6 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	1 Cup	2 Cups