

# Sweet Corn Pasta Salad

**INGREDIENTS** 40 MINUTES 6-8 SERVINGS

- 8 oz pasta shells
- 15 oz can canned corn
- 1-pint cherry tomatoes, halved
- 2 zucchinis, diced
- 1/4 cup red onion, diced
- 1 avocado, diced
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1/4 teaspoon dried basil
- 1 teaspoon Dijon mustard
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup parsley



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## PROCEDURE

1. In a large pot of boiling salted water, cook pasta, stirring occasionally, until al dente according to package directions. Drain and let cool
2. Cut and chop tomatoes, zucchini, red onion, and avocado. Drain and rinse canned corn. Add all to large bowl
3. In a small bowl, make dressing by whisking together olive oil, lemon juice, dried basil, dijon mustard, salt, pepper, and chopped parsley
4. Add the cooled pasta to large bowl and slowly pour dressing on top. Toss salad until well coated
5. Place salad in refrigerator for 30 minutes before serving!



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## **Following Recipes:**

- individual serving guide (top)
- OG recipe (bottom)

# Strawberry Balsamic Pasta Salad

## INGREDIENTS

40 MINUTES 1 SERVING

- 1/4 c. fusilli or rotini whole-grain pasta
- 1/2- 1 tsp. balsamic mixture
- 2-3 Tbsps. fresh strawberries
- 1 small shallot, peeled, thinly sliced
- 2-3 Tbsps. baby spinach
- 1 tsp. cup fresh basil, torn if large
- 1 tsp. cup fresh mint, torn if large
- sprinkle of crumbled cheese (like feta)
- salt and pepper



# Strawberry Balsamic Pasta Salad

## INGREDIENTS

40 MINUTES 6-8 SERVINGS

- 1 lb. fusilli or rotini whole-grain pasta
- 1/2 c. olive oil, divided
- 1/4 cup balsamic vinegar
- 2 Tbsp. maple syrup
- 1 Tbsp. Dijon mustard
- 1 lb. fresh strawberries
- 1 small shallot, peeled, thinly sliced
- 2 cups baby spinach
- 1/2 cup fresh basil, torn if large
- 1/2 cup fresh mint, torn if large
- 6 oz. crumbled cheese (like feta)
- salt and pepper



## PROCEDURE

1. In a large pot of boiling salted water, cook pasta, stirring occasionally, until al dente according to package directions. Drain and rinse under cold water. Drain again.
2. In a large bowl and whisk in vinegar, syrup, mustard, and oil. Season with salt and pepper, to taste.
3. To the bowl with vinegar mixture, add pasta, strawberries, shallots, spinach, basil, and mint. Toss to coat; season with salt and pepper, if needed. Add cheese and gently toss to combine. Drizzle with balsamic glaze.



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