



FARMERS MARKET PASTA SALAD

RECIPE MAKES 10 servings
SERVING SIZE = 1 cup

NUTRITION INFORMATION

Calories: 360
Total Fat: 15 g
Saturated Fat: 3 g
Cholesterol: 28 mg
Sodium: 239 mg
Total Carbohydrate: 42 g
Fiber: 5 g
Sugars: 0 g
Protein: 16 g

Marion County Public Health Department

NUTRITION SERVICES



FARMERS MARKET PASTA SALAD

Heading to the farmer's market? Look for the fresh produce found in this colorful pasta salad recipe which is perfect to take to your next summer pitch-in or prepare in advance for grab-and-go meals.

INGREDIENTS

- 1 (16 oz) package whole wheat penne pasta
- 2 cups cherry or grape tomatoes, halved
- 2 small zucchini, thinly sliced into half moons
- 1 red bell pepper, cut into thin strips
- 1 cup fresh corn kernels
- ½ cup thinly sliced green onions
- 1 cup firm ripe peaches, sliced
- 2 cups shredded chicken (about 10 oz)*
- 1/3 cup chopped fresh basil
- 1/3 cup chopped fresh cilantro

**For a vegetarian alternative try adding chickpeas, or cooked tofu (or your favorite plant protein)*

You can use pre-made parmesan vinaigrette
or try this simple recipe:

- ½ cup parmesan cheese
- ½ cup olive oil
- 2 Tbsp lemon zest
- 3 Tbsp. fresh lemon juice
- 1 Tbsp balsamic vinegar
- 2 cloves garlic, minced
- Pepper to taste

DIRECTIONS

- Prepare pasta according to package directions.
- Wash and chop all the fruits and vegetables.
- Add the vinaigrette ingredients to a jar and shake. Pour it over the chopped vegetables and fruits to marinate for about 10 minutes.
- Add the cooked pasta and chicken to the vegetable mixture. Toss gently to coat.
- Season as needed with salt and pepper (optional), transfer to a serving platter and top with basil and cilantro. Enjoy hot or cold!

RECIPE NOTES

Eat the Rainbow. Did you know that it's recommended to try and fill half of your plate with fruits and vegetables? This recipe is well-balanced because it includes most of the food groups, including a big serving of fruits and vegetables. Eating lots of colorful fruits and vegetables helps make sure you get the vitamins, minerals, and fiber needed to support good health and protect against some common health problems.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.