

Colorful Pasta Salad



Ingredients:

- 24 ounces corkscrew pasta
- 3 carrots, shredded
- 1 orange bell pepper, cut into small thin strips
- 1 pound broccoli florets
- 2 cloves garlic, thinly sliced
- 2 pints cherry tomatoes, halved
- 1 cup roughly chopped fresh mint
- 1 cup grated parmesan cheese
- 1/2 cup extra-virgin olive oil
- 1 teaspoon salt

Instructions:

1. Cook the pasta in a large pot following the cooking instructions on the label.
2. Add the broccoli, carrots and bell pepper to the pasta during the last 2 minutes of cooking.
3. Drain the pasta and vegetables and return to the pot. (save 1/4 cup cooking water)
4. Heat the olive oil in a large skillet over medium heat.
5. Add the garlic and cook until just golden.
6. Add the tomatoes and 1 teaspoon salt to the garlic; cook for about 2 minutes.
7. Pour the reserved cooking water over vegetable-pasta mixture.
8. Pour the tomatoes over the pasta and vegetables.
9. Sprinkle the mint, olive oil and parmesan cheese before serving.

Servings: 8



Tarrant County Public Health
<http://health.tarrantcounty.com>