

Zesty Veggie Pasta Salad

SERVINGS
10

PREP TIME
20 MIN

COOK TIME
10 MIN

TOTAL TIME
30 MIN

Summer just got tastier! This vibrant veggie pasta salad is bursting with flavor & perfect for picnics, potlucks, or a light summer meal. Easy, colorful, and loved by all!



ORGANIZING
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Ingredients

Directions

This recipe is super versatile! Feel free to adjust the veggies to your liking. Think of the amounts listed as suggestions, not strict rules. Love corn? Throw it in! Hate bell peppers? Leave them out! Add your favorite veggie and make it your own!

1

- 1 Pkg Tri-Color Rotini Pasta
- 1 Bottle Zesty Italian Dressing

- Prepare pasta according to package. Undercook the pasta by 2 minutes compared to the package instructions. This ensures it remains al dente (firm to the bite) even after absorbing the Italian dressing.
- Rinse pasta under cold water to cool all the way.
- Dress liberally with Italian Dressing (*don't use whole bottle yet*).

2

- 3 oz Can Sliced Olives
- 1/2 Bag (10oz) Shredded Carrots
- 1 Small Sweet Onion
- 1/2 Bell Pepper (orange, red or yellow)
- 1/4 Head Purple Cabbage

- Drain olives and add to pasta.
- Add carrots.
- Dice onion & bell pepper.
- Cut cabbage into shreds.
- Add all to pasta and mix well.

IF SERVING LATER - reserve the following ingredients on the side & add right before serving

3

- 1 C Fresh Broccoli

- Cut broccoli into small pieces.
- Bring a small pot of water to boil, add broccoli and blanch for 1 minute.
- Remove broccoli and run under cold water to stop cooking process.

4

- 1/2 Cucumber
- Handful Cherry Tomatoes
- Handful Spinach
- Salt & Pepper

- Peel & dice cucumber.
- Halve tomatoes and shred spinach.
- Add salt & pepper to taste (*will likely need more than you think*).
- Add remaining Italian Dressing TO TASTE and mix well.
- Let the salad sit for 15 minutes. This allows the flavors to meld and the pasta to absorb the additional dressing, resulting in a perfectly seasoned and slightly softened bite.

MAKE IT A MEAL OPTION:

- v-Chicken (Nuggets, Patties, or Strips) **OR** Can Chickpeas

- Prepare v-chicken of choice according to package instructions and add to pasta for a deliciously filling meal **OR** drain and rinse a can of chickpeas for a quick protein addition.