

# MAKE YOUR OWN PASTA SALAD

**SERVES 2-3**

Preparation time: 30 minutes

## INGREDIENTS

**START WITH:** 2 cups cooked pasta, any shape

### Protein

Add ½ cup

Diced cheese  
Diced meat  
Kidney beans  
Black beans  
Garbanzo beans  
Sunflower seeds  
Nuts  
Tuna  
Canned meat

### Vegetables

Add 2 cups of any combination

Cauliflower florets  
Broccoli florets  
Tomatoes, chopped  
Celery, sliced  
Green beans  
Peas  
Green pepper, diced  
Carrots coins  
Cucumbers, diced  
Zucchini, sliced  
Onions, minced  
Radishes, sliced

### Dressing

Add ¼ cup of one

Oil/vinegar dressing  
Salad dressing  
Ranch dressing  
Caesar dressing  
Olive oil

### Flavor

Pick one or more

Salt  
Pepper  
Oregano  
Basil  
Dill

## DIRECTIONS

1. Combine your choice of ingredients together in a large bowl.
2. Add dressing and seasonings, and toss to coat.
3. Chill until serving time or at least 20 minutes.



## TIPS & VARIATIONS

- **TRY COMBINING PROTEINS** like cheese and garbanzo beans, sunflower seeds and black beans, or canned meat and pinto beans.
- **MAKE YOUR OWN DRESSING** by whisking together 2 T olive or canola oil, 2 T any kind of vinegar, and 1 t mustard.
- **TO SOFTEN THE “BITE” OF RAW ONIONS** soak them in ice water or vinegar for 10 minutes.

**SIMPLY GOOD EATING**



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