

# Pasta and Vegetable Salad



## Ingredients:

- 4 cups pasta, cooked
- 1 cucumber, chopped
- 1 tomato, chopped
- ½ green bell pepper, chopped
- ½ red onion, chopped
- 1/3 cup Italian salad dressing — see recipe on reverse

## Instructions:

1. Combine all ingredients in a large bowl. Mix well.
2. Cover and refrigerate.
3. Toss before serving.

**Seasonal  
and Simple**

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# Pasta and Vegetable Salad — Italian dressing

## Ingredients for Italian dressing:

- ½ cup red wine vinegar
- 1/3 cup olive oil
- 1 tablespoon Italian seasoning
- 2 cloves of garlic, crushed
- 1 teaspoon lemon juice
- 1/8 teaspoon white pepper

## Instructions:

- Stir with a whisk until well mixed.

Enjoy making this healthy and delicious recipe!

Visit [marc.org/kcfresh](http://marc.org/kcfresh) for more information and recipes.

