

SUMMERTIME garden veggie pasta salad

Ingredients

2 medium carrots, julienned (cut into thin strips)
1 medium red bell pepper, 1/2 inch dice
1 cup fresh green beans, ends trimmed & halved
3 spring onions, or 3 scallions, chopped
2 roma tomatoes, chopped
2 cups farfalle pasta
4 tablespoons olive oil
2 tablespoons red wine vinegar
1 teaspoon minced garlic
1 teaspoon mustard
1-2 teaspoons capers (optional)
2 teaspoons fresh parsley, chopped
1 teaspoon fresh tarragon, chopped
1 teaspoon sugar
salt and pepper, to taste

Directions

- > Cook pasta in boiling, salted water for approx. 10 minutes - be careful not to over cook pasta. Add a bit of olive oil to keep the pasta from sticking together.
- > Steam julienned carrots and green beans for 5 minutes until just tender. (You can also boil the veggies if you don't have a steamer, but for just a few minutes)
- > Drain pasta and add to a large bowl.
- > Mix in the steamed carrots and peas. Also add the red pepper, green onions/scallions and tomatoes.
- > Mix together the remaining ingredients for the dressing and add to the bowl.

feeds: 4

takes: 30 minutes

> Cover, and let chill in the fridge to blend the flavors.

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