



Garden Fresh Vegetable Pasta Salad

Serve it at room temperature or chilled, perfect for a Backyard Party

4 cups uncooked organic lemon Torchietti pasta or twisted pasta

1 Tablespoon olive oil

2 green onions, chopped

3 celery stalks, chopped

3 Roma tomatoes, seeded, chopped

2 carrots, trimmed, peeled lengthwise, chopped

1 large broccoli crown, trimmed; cut into florets

Dressing:

6 Tablespoons red wine vinegar

4 Tablespoons olive oil

1/2 teaspoon dry mustard

1 teaspoon garlic salt

Prepare the Pasta: Bring about 2 quarts of water to a boil; add desired amount of pasta to the pot and stir to separate. Return to a boil; turn down. Heat and continue to boil gently uncovered for about 6 minutes. Test to see if al dente tender; remove from heat; drain well; stir in 1 Tablespoon oil. Place in large serving bowl.; set aside.

Prepare Vegetables:

- In a small bowl, combine onions, celery, tomatoes, and carrots; set aside.
- Place broccoli in small microwave bowl; cook in microwave oven for about 1 to 2 minutes until bright green.

Prepare Dressing:

- In small bowl, whisk all dressing ingredients together. Stir into cooked pasta.

Prepare Pasta Salad:

- Pour dressing over cooked pasta; toss to combine. Stir in prepared vegetables and broccoli; toss to combine.
- If desired to serve chilled: Place in refrigerator until serving or serve at room temperature.

Yield: serves about 12

For Sausage addition:

1 Tablespoon avocado oil

12-ounce package uncured Bavarian Bratwurst, cut into ½ inch slices

- Preheat skillet; add 1 Tablespoon oil to hot pan. Add the sausage slices.
- Grill or pan fry until lightly browned for about 8 to 10 minutes at 375 degrees F or to an internal temperature of 165 degrees F.

About the Recipe: Lemon flavored pasta gives this dish a fresh vegetable flavor and vibrant golden color. It's tossed with a simple vinegar/oil vinaigrette. The bonus is that it is delicious chilled or at room temperature. Serve it vegetarian style or add some grilled sausage slices. Just pack it up and take it to your next potluck dinner or backyard party.