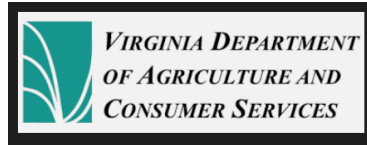


# Welcome to the “Fresh Veggie Series” with Vine & Fig Educational Outreach Program and Radical Roots Farm



[vinefigeducation.org/recipes](http://vinefigeducation.org/recipes)

## This week's produce items:

Lettuce, Tomatoes, Cherry Tomatoes, Peppers, Onion, Cilantro



## Kid-Friendly Pasta Salad by little sunny kitchen

Summer is coming to a close, but butterflies are showing up all over town in backyards, school and community gardens and in city pollinator spaces. To celebrate this beautiful time of butterfly immersion let's make some salad using butterfly pasta from your produce bag, letting the kids choose the veggies to use. Did you know that adding noodles to veggies is a great way to encourage children to consume them? The ingredient list below is only a suggestion. Let your child choose the veggies.



### Ingredients:

- ½ cup (50 grams) **uncooked farfalle pasta**
- ¼ cup (40 grams) **fresh peas** *or frozen and thawed*
- 1 **carrot** *diced*
- ½ **cucumber** *peeled and diced*
- ½ **green bell pepper** *diced*
- ¼ cup (40 grams) **canned corn**

### For The Dressing:

- 1 tablespoon **extra virgin olive oil**
- 2 tablespoons **lemon juice** *optional*
- ½ teaspoon **salt**



### Instructions

1. **Cook pasta in salted boiling water for 10 minutes. Check the doneness before removing it by tasting 1 piece. Or cook according to the manufacturer's instructions.**

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- 2. Mix the pasta with the rest of the ingredients in a bowl and serve at room temperature or cold**