

The Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items:

Salad mix, tomatoes, cherry tomatoes, peppers, zucchini, scallions, cilantro

This week:

Kid- Friendly Pasta

Ingredients:

- ½ cup of uncooked farfalle pasta
- ¼ cup fresh peas
- 1 carrot diced
- ½ cucumber peeled and diced
- ½ green bell pepper diced
- ¼ cup of canned corn
- cilantro
- dressing: olive oil and salt and pepper to taste.

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.
2. Dice the carrot, cucumber and pepper.
3. Mix the pasta with the rest of the ingredients in a bowl.
4. Mix the dressing ingredients and add them to the mix. Serve at room temperature.

Enjoy!



vinefigeducation.org/recipes



Radical Roots
COMMUNITY FARM