

# Summer Pasta Salad with Parmesan Dressing

## Ingredients

- 4 cups of rotini (or other small pasta), whole wheat
- 6 tablespoons oil
- 4 tablespoons vinegar
- 1 tablespoon sugar (optional)
- 2 teaspoons of dry mustard or regular
- 2 teaspoons of basil, dried
- 2 teaspoons of oregano, dried
- 4 teaspoons parmesan cheese
- 1 can, 540 ml beans (red kidney or black beans), drained and rinsed
- 4 stalks celery, thinly sliced
- 4 medium carrots, peeled and chopped
- 2 bell peppers (green, red, orange or yellow), chopped

## Directions

1. In a large pot of boiling water add pasta. Cook for about 8 minutes or until pasta is tender. Drain and rinse with cold running water. Set aside.
2. In a small bowl, mix together oil, vinegar, sugar, mustard, basil, oregano and parmesan cheese.
3. In a large bowl, add cooked pasta, beans, chopped celery, carrots and peppers. Add oil and vinegar dressing and mix well.
4. Refrigerate until ready to eat. Store in the fridge for up to 3 days.

## Makes 10 servings

\*This recipe makes 10-12 cups of Pasta Salad. Ingredients can be halved for smaller families.

**Tip:** Change up the salad by trying different vegetables!

- Try chopped broccoli, cauliflower or snap peas.

