

Lunch | Side

Taste of Summer Pasta Salad

15 Mins
Prep Time

10 Mins
Cook Time

8
Servings

 **432** Calories **18g** Fat **61g** Carbs **13g** Protein



Ingredients

 **8 Servings**  **25 Mins Total Time**  **Allergens: Dairy, Gluten**

1 lb Short Cut Whole Wheat Pasta (bowtie, elbows, penne, rotini) 

1 Cup Fresh Basil, torn

½ Cup Sharp Cheddar Cheese, shredded

¼ Cup Extra Virgin Olive Oil 

2 Tbsp Lemon Juice

1 Tbsp Fresh Chives, chopped

½ Tsp Crushed Red Pepper Flake

Salt and Pepper, to taste

4 Ears Corn, boiled, steamed, grilled or raw, kernels removed from cobb

2 Cups Cherry Tomatoes, halved

1 Avocado, diced

Allergen Swap

Dairy Omit cheese

Gluten Use a gluten-free pasta

Nourishment Note



Whole Wheat Pasta

Whole wheat pasta is an excellent source of fiber. Fiber is particularly beneficial for those with MS because it can help with digestive regularity and reduces the risk of heart disease.



Extra Virgin Olive Oil

Olive oil is rich in monounsaturated fat. This type of fat may help to reduce the risk of heart disease. This is important because women with MS may be at higher risk of developing heart disease. The oleic acid in olive oil may also reduce inflammation.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Pasta

Bring a large pot of water to boil and cook pasta according to package directions. Drain and set aside.

3. Combine Ingredients with Pasta

To a large serving bowl, add the basil, olive oil, cheddar cheese, lemon juice, chives, red pepper flake, and salt and pepper. Add the hot pasta to the bowl and stir very well to combine.

4. Add Corn, Tomatoes, Avocados, & Serve

Add the corn kernels and cherry tomatoes. Stir to combine. Top with diced avocado and season with more salt and pepper, to taste. Enjoy!

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: halfbakedharvest.com

What You'll Need



Large Pot



Measuring Cups



Measuring Spoons



Knife



Cutting Board



Large Serving Bowl



Mixing Spoon

Fatigue Buster

- Purchase pre-shredded sharp cheddar cheese.
- Purchase pre-squeezed lemon juice.
- Use 2 cups thawed, frozen corn instead of cutting corn off the cobb.