

Lunch | Side

Taste of Summer Pasta Salad

15 Mins Prep Time

10 Mins **Cook Time**

Servings

432 Calories

18g Fat 61g Carbs

13g Protein



Ingredients

Gluten Use a gluten-free pasta

25 Mins Total Time Allergens: Dairy, Gluten 8 Servings 1 lb Short Cut Whole Wheat Pasta (bowtie, elbows, penne, rotini) 1 Cup Fresh Basil, torn 1/2 Cup Sharp Cheddar Cheese, shredded 1/4 Cup Extra Virgin Olive Oil 2 Tbsp Lemon Juice 1 Tbsp Fresh Chives, chopped 1/8 Tsp Crushed Red Pepper Flake Salt and Pepper, to taste 4 Ears Corn, boiled, steamed, grilled or raw, kernels removed from 2 Cups Cherry Tomatoes, halved 1 Avocado, diced Allergen Swap Dairy Omit cheese

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.



Txtra 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

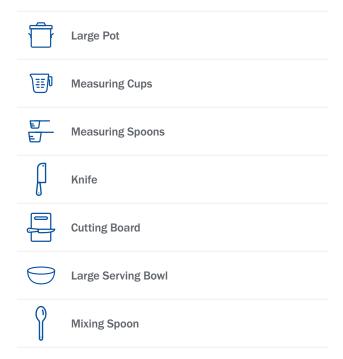
Add the corn kernels and cherry tomatoes. Stir to combine. Top with diced avocado and season with more salt and pepper, to taste. Enjoy!

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: halfbakedharvest.com

What You'll Need



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.