

Rainbow Veggie Pasta Salad

Ingredients

- 1 box of pasta (16 ounces)
- 4-5 cups assorted vegetables
- Dressing: fresh herbs, spices, olive oil, vinegar or lemon juice
- Dairy: feta, cheddar, or Parmesan cheese
- Protein: beans, tuna, chicken, salmon, or chickpeas



Directions

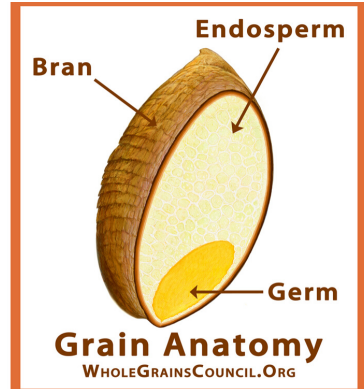
1. Follow the directions on the box to cook the pasta. Let the pasta cool in your refrigerator in a large bowl or container.
2. Wash and chop all of your veggies into bite-sized pieces, and add them to the pasta.
3. Drizzle the pasta and veggies with your favorite dressing, or make your own! Place all of your ingredients into a jar or container with a lid, so you can shake them all up!
4. Stir all of the ingredients together, or put a lid on the container and shake it up!
5. Optional: top your pasta salad with your favorite cheese and/or protein!



You can make a balanced meal by eating extra protein and fruit with your pasta salad!

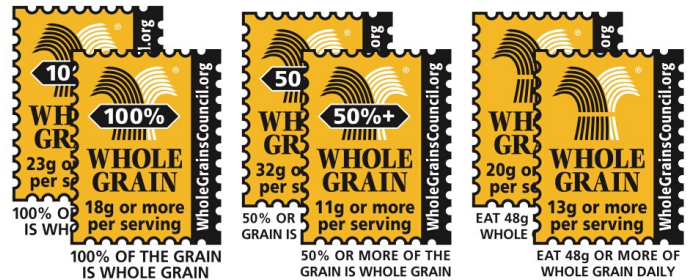
What makes whole grains so great?

A **whole grain** has all three parts of the grain, which contains fiber, energy, and B-vitamins! **Refined** grains don't have as much fiber or B-vitamins.



This is why you should **make at least half of your grains whole grains!**

You can read the ingredient list on a food package to find out if the food contains whole grains, or you can look for whole grain stamps like these on the package!



Quick Tip: If you are not a fan of whole grain pasta, try substituting only half of your pasta with whole grain pasta! Boil this mixture for 7-9 minutes!

Cooking Skill Spotlight

Measuring Dry & Liquid Ingredients

With **dry** ingredients,

- Prepare or chop vegetables before measuring them
- Fill your measuring cup to the top!



With **wet** ingredients,

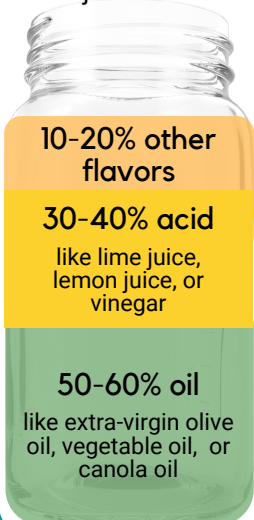
- Set the measuring cup down on a flat surface and look at the liquid from eye-level to be sure you have the right amount!



Keep on practicing every time you cook!

shake it all together in a jar with a lid!

Make Your Own Salad Dressing!

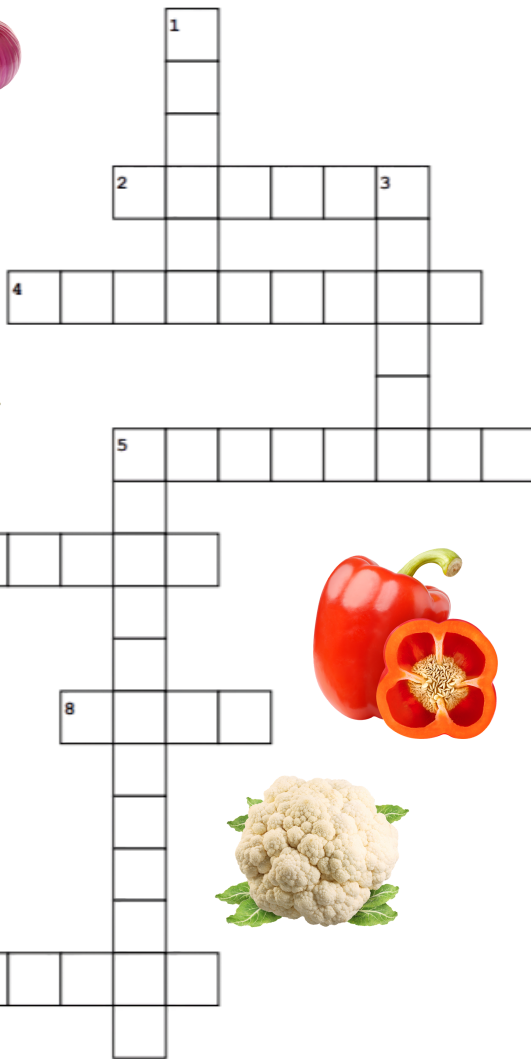


like fresh or dried herbs, garlic, salt, pepper, ginger, or honey

Get creative with your favorite herbs and what you have on hand!



Vegetables of All Colors Crossword



Across

2. Grown underground and added to salads, boiled, or baked in cakes. Orange, long, and crunchy!
4. A fungi you can eat-- what a fun time! Put them on pizza, eat them as a "burger," or stuff them!
5. Little trees that some people eat with melted cheese!
6. Don't bury your eggs in the ground and expect a plant to grow! These purple veggies will help to keep your memory sharp!
8. Leafy and green. Make it into salad, chips, and everything in between!
9. Bake, boil, and fry - the possibilities are endless. Eat them with any meal of the day, but if they start to sprout and get squishy, you should throw them away!

Down

1. Some look like zucchini, others you can use as spaghetti. Some grow in the summer, and some grow in the winter!
3. Make salsa, pizza sauce, or add it to a hamburger. Sometimes, it's also known as a fruit!
5. Yellow, spicy, and crisp. It has a fruit in its name, but they don't taste the same.
7. Might make your breath smell funny, but will make your meals so tasty! Eat it with butter on bread as a side for your spaghetti! A little goes a long way!

COLOR	EXAMPLE FOODS	HEALTHY SUPERPOWERS
RED	Apples, red peppers, strawberries, tomatoes, cherries, and watermelon	Helps your heart and brain stay healthy!
ORANGE & YELLOW	Cantaloupe, carrots, butternut squash, lemons, mango, oranges, papaya, peaches, pineapples, pumpkin, sweet potatoes, orange, and yellow peppers	Keeps your eyes and heart healthy and helps fight off sickness!
GREEN	Asparagus, bok choy, broccoli, cabbage, collards, cucumbers, grapes, green beans, green peppers, honeydew, kale, peas, spinach, and Brussels sprouts	Helps your bones and teeth stay strong!
BLUE & PURPLE	Eggplant, beets, blueberries, blackberries, figs, grapes, plums, purple cabbage, and red onion	Keeps your memory sharp!
WHITE & BROWN	Garlic, ginger, jicama, mushrooms, onions, and potatoes, cauliflower	Helps your heart stay healthy!

