

# Bowties Pasta Salad

**Makes:** 12 or 48 servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Bowtie pasta		4 cups		16 cups
Olive oil		3 Tbsp 1 tsp		13 Tbsp 1 tsp
Corn kernels yellow, frozen		1 cup		4 cups
Edamame, peas, or snap peas, frozen		1/2 cup		2 cups
Bell pepper, red		1/2 cup		2 cups
Carrots, chopped or shredded		1 cup		4 cups
Parmesan cheese, grated		1/2 cup		2 cups

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>159</b>	
Total Fat	7 g	
Protein	5 g	
Carbohydrates	22 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	74 mg	

## Directions

1. Cook pasta as directed on package.
2. Drain. Let cool.
3. In large bowl, mix pasta, corn, edamame (peas or snap peas), bell pepper and carrots.
4. Drizzle with olive oil. Toss to coat.
5. Add parmesan cheese. Toss again.
6. Serve 1/2 cup servings.

## Notes

Serving Tips:

Allow kids to pick colors they would like to try and add vegetables from each color group to change the look and taste of this dish. Bowties can also be served for snack.