

Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items:



Radical Roots Farm:

Cilantro, bell peppers, cucumber, zucchini, tomatoes, beets, kale, lettuce mix, cherry tomatoes, apples

Recipe of the Week:

Kid-Friendly Pasta



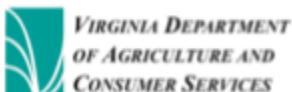
Ingredients

- 1/2 cup of uncooked farfalle pasta or other fun pasta
- 1/4 cup fresh peas
- 1 carrot diced
- 1/2 cucumber peeled and diced
- 1/2 green bell pepper diced
- 1/4 cup of cooked or canned corn
- Cilantro or basil cut finely
- Dressing:
 - Olive oil
 - Salt and pepper to taste

Instructions

Note: you can use other vegetables. For example: fresh tomatoes instead of carrots, cooked beets instead of peas.

1. Cook pasta in salted boiling water for 10 minutes or according to packaged instructions.
 2. Mix the pasta with the rest of the ingredients in a bowl.
 3. Mix the dressing ingredients and add them to the pasta. Serve at room temperature.
- Enjoy!



vinefigeducation.org/recipes