

PASTA PRIMAVERA SALAD

4 cups assorted mixed vegetables*, cut into 1-inch pieces
1/3 cup balsamic vinaigrette (or favorite Italian dressing)
8 oz. rotini pasta
2 cloves garlic, peeled
1/3 cup shredded Parmesan cheese
1 tsp. dried mixed Italian herbs
Salt and pepper, to taste

Combine vegetables and 1/4 cup water in a shallow microwave-safe casserole dish. Cover with plastic wrap. Heat on high power for 4 minutes or until done. Drain. May also substitute 4 cups of frozen vegetables cooked according to package directions.

In a large bowl, toss vegetables with salad dressing. Cook pasta according to package directions, adding garlic to boiling water. Drain. Mash garlic and add to vegetables. Gently toss pasta, cheese, herbs and vegetables together. Season with salt and pepper. Chill (may also be served warm). Serves 6-8.

*Vegetables such as a mix of carrots, broccoli, sweet bell peppers, onions, celery, asparagus.

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