



early childhood community development centre

Creamy Pasta and Vegetable Salad

Ingredients - Makes 6 cups

- ¼ cup parsley sprigs
- ¼ cup fresh basil leaves (or 1 tbsp (15 mL) dried)
- 1 green onion, cut into chunks
- ½ 2% milk
- ¼ mayonnaise
- 1 tbsp lemon juice
- ½ tsp dry mustard
- ½ tsp granulated sugar

Directions

1. In a food processor, or by hand, finely chop parsley, basil and green onion
2. In a bowl, whisk together milk, mayonnaise and lemon juice until smooth. Stir in herb-onion mixture. Add mustard, sugar, salt, and pepper, stir to blend
3. In a large pot of boiling water, cook pasta for 10 minutes
4. Add carrots and snow peas, cook for 2 minutes or until pasta is tender but firm and vegetable are tender crisp, drain well
5. If serving warm, immediately add mayonnaise mixture to pasta while still hot and toss to coat
6. If serving cold, rinse pasta and vegetable under running water until cool
7. Drain and toss with mayonnaise mixture
8. Serve at once or cover and refrigerate for several hours until needed

Source: Better Food for Kids by Joanne Saab, RD & Daina Kalnins, RD

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