

Whole Wheat Rotini Pasta Salad

Adapted from: Allrecipes.com

Ingredients:

1 (16 oz.) box whole wheat Rotini pasta
 ½ cup Olive Oil
 ½ cup apple cider vinegar
 1 tsp. each salt and pepper
 ¼ cup fresh herbs-cilantro or basil
 ½ cup parmesan cheese
 10 oz. fresh spinach –rinsed and torn into bite sized pieces
 1 cup chopped pepper
 1 cucumber, peeled and chopped
 2 cups chopped broccoli

Directions:

1. Bring a large pot of slightly salted water to a boil; Cook Rotini until firm to the bite, about 8 minutes, drain.
2. Whisk olive oil, vinegar, salt and pepper until blended. Add herbs and cheese and stir.
3. Fold the vegetables in the vinaigrette to coat evenly
4. Place cut up broccoli in a microwave safe bowl with about ¼ cup water. Cook on high about a minute. Broccoli must remain crunchy. Add to vinaigrette
5. Stir the pasta into the vegetable mixture; toss until evenly mixed.

Serves: 6

Prep: 20 minutes Cook: 10 minutes

Ready in: 30 minutes

Tips & Facts:

Whole wheat pasta provides vitamins, minerals, fiber

Use whatever vegetables you have on hand

Use fresh herbs if possible-basil, cilantro, oregano, thyme

Microwaving broccoli in a small amount of water helps to retain vitamins and minerals.

Nutrient Analysis: (per serving)

Calories: 384

Fat: 20 grams (14 grams monounsaturated)

Cholesterol: 0 grams

Sodium: 52 mg

Carbohydrate: 44 grams

Fiber: 7 grams

Protein: 8.7 grams

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Whole wheat rotini	.89/ lb.	.89
Olive oil	\$5.39	\$1.34
Apple cider vinegar	\$1.39	.39
Parmesan Cheese	\$3.99	\$1.33
Spinach	\$1.99	\$1.99
Pepper	.89	.89
Broccoli	\$1.99	\$1.00
cucumber	.75	.75
TOTAL	\$13.29	\$8.58
		Cost per Serving \$1.43