

Rainbow Pasta Salad

Source: *Fresh from the Farm: Massachusetts Farm to School Cool*

Servings

6

Ingredients

2 Tbsp olive oil

2 Tbsp lemon juice

1/2 tsp sugar

1/4 clove of garlic, *fresh and minced*

1/2 tsp salt

1/8 tsp fennel seeds

Pinch of coriander

1/4 tsp fresh oregano

1/4 tsp fresh thyme

Preparation

1. Combine the olive oil, lemon juice, sugar, garlic, salt, fennel seeds, coriander, oregano, thyme, and pepper in a pot. Boil for 5 minutes.
2. Add the cauliflower and simmer, covered, until tender but not mushy, 8-10 minutes.
3. Cut the zucchini lengthwise into halves (or fourths if they are large). Slice into 1-inch lengths, straight or on the diagonal.
4. Add the carrots and zucchini to the pot and continue to simmer, covered, until all the vegetables are cooked but still firm, about an additional 5-20 minutes, depending on power of the stove. Do not overcook; the vegetables will continue to cook as they cool in their dressing and will become mushy if overcooked.
5. Cool and chill the vegetables overnight in their dressing.
6. Cook pasta in a steamer or lightly salted boiling water until tender, but still firm, 8-15 minutes, depending on method used.
7. Run pasta under cold water and drain well.
8. Toss pasta with chilled vegetables and their dressing. Add a little water, if needed.
9. Serve immediately.



Pinch of black pepper

2 cups cauliflower, *cut into bite sized florets*

1 1/4 cups carrots, *sliced*

1 2/3 cups zucchini or summer squash

2 1/8 cups whole grain rich rainbow rotini pasta

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