



## Perfect Picnic Pasta



**Serving Size:** ½ c

**Yield:** Makes 14 servings

### Nutrition Information

One serving is 90 calories, 5 g fat, 0 mg cholesterol, 45 mg sodium, 10 g carbohydrates, 2 g fiber, and 3 g protein

### Key

c = cup, T = tablespoon, t = teaspoon, lb = pound, oz = ounce, fl oz = fluid ounce, pkg = package

### Ingredients

- 2 c Rotini pasta, whole wheat, dry
- ¼ c Olive oil
- 2 T Dijon mustard
- ¼ c Lemon juice
- 1 Garlic clove, minced
- 1 ½ t Basil, dried
- 1 ½ t Oregano, dried
- ½ t Black pepper
- 1 ½ c Cucumber, chopped
- 1 c Zucchini, chopped
- ½ c Mushrooms, sliced
- 2 T Chives, chopped
- ½ c Tomatoes, cherry, halved
- ½ c Carrots, sliced
- 2 T Parmesan cheese

### Directions

1. WASH hands with soap and water
2. COOK pasta according to directions, omitting salt and fat.
3. DRAIN and RINSE pasta with cold water.
4. In a large bowl, WHISK oil, mustard, lemon juice, garlic, basil, oregano and pepper together.
5. ADD cucumber, zucchini, mushrooms, chives, tomato, carrots and pasta to the dressing.
6. MIX well, TOP with cheese.

#### Chickasaw Nation Nutrition Services

Get Fresh! is an initiative of the Chickasaw Nation. This material was funded by USDA's Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider and employer. For more information on the Supplemental Nutrition Assistance Program or the FDP Grocery Stores, visit [www.GetFreshCooking.com](http://www.GetFreshCooking.com).