Farmers' Market Pasta Salad

Cooking Demo

If you haven't been to the farmers' market this year, this recipe is sure to send you in search of its fresh ingredients. The fresh corn and ripe peaches add a surprising hint of sweetness to this dish. The flavors tie together with a savory dressing. It's perfect for dinner on a hot summer evening.

Makes 10 servings
Cost per serving: $1.03

Ingredients:

- 2 cups halved baby heirloom tomatoes
- 2 small zucchini, thinly sliced into half moons
- 1 small red bell pepper, cut into thin strips
- 1 cup fresh corn kernels
- 1 cup diced firm, ripe fresh peaches (about 2 medium)
- ½ cup thinly sliced green onions
- 1 cup parmesan vinaigrette
- 1 (12-oz.) package whole wheat penne pasta
- 2 cups shredded chicken (about 10 oz.)
- ⅓ cup torn fresh basil
- ⅓ cup torn fresh cilantro

Directions:

Toss together first 7 ingredients in a large bowl, and let stand 10 minutes. Meanwhile, **prepare pasta** according to package directions. **Add hot cooked pasta and chicken** to tomato mixture; toss gently to coat. Season with salt and pepper to taste. Transfer to a serving platter, and top with basil and cilantro.

Nutrition Info: (Serving Size = 1 cup)
Calories: 302 | Total fat: 12 g | Saturated fat: 3 g | Trans fat: 0 g | Cholesterol: 25 mg | Sodium: 387 mg
Potassium: 285 mg | Carbohydrate: 39 g | Fiber: 5 g | Sugars: 7 g | Protein: 12 g

Recipe from: http://www.myrecipes.com/recipe/farmers-market- pasta-salad
Modifications by: Monica Menser RDN, LD

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Shop Local Farmers' Markets! Here's Why

- **Fresh, in-season produce** is at peak nutrition and flavor.
- Build relationships with farmers in your community and **increase awareness** of how and where your food is grown.
- Help **protect the environment** by purchasing locally grown food.
- Learn **cooking tips** from the farmers and meet other members of your community to exchange recipe ideas.
- **Variety** is key! Markets may carry unique vegetables and fruits not available at large store chains.

Eat the Rainbow!

- Fruits and vegetables provide a **plethora of vital nutrients** including calcium, fiber, magnesium, potassium, folate, vitamins A and C, and iron.
- Shop for at least **one vegetable or fruit from each color group** while at the market.
- **Create a breakfast smoothie** with your favorites – punch it up with protein by adding Greek yogurt.
- **Make a colorful salad** and top it with grilled chicken and your favorite dressing.
- Have family **kabob night** by adding salmon, fruits and veggies, serve over brown rice or quinoa.
- Try **shredded veggies** in meatloaf, casseroles, quick breads, pasta sauces and muffins.
- Order your **pizza with extra vegetables** like mushrooms, peppers and tomatoes.
- Use **pureed, cooked vegetables** to thicken stews, soups and gravies.

Eat the Rainbow

So Easy!

Bonus Recipe: Chicken Avocado Burgers

Ingredients

1 pound ground chicken
1 large ripe avocado - cut into chunks
1 chopped clove of garlic
½ cup bread crumbs
1 minced Poblano or Jalapeño pepper
½ teaspoon salt
¼ teaspoon pepper

Instructions

Add all ingredients to a large bowl and **toss** gently. **Shape into** desired size **patties** and **grill.** Internal temperature should read at least 165°.

Recipe from: http://laughingspatula.com/chicken-avocado-burger/

Nutrition Info: (Serving Size = 1 burger)
Calories: 342 | Total fat: 18 g | Saturated fat: 4 g
Trans fat: 0 g | Cholesterol: 101 mg | Sodium: 400 mg
| Potassium: 562 mg | Carbohydrate: 9 g | Fiber 4 g
Sugars: 1 g | Protein: 34 g

Resources: https://www.nutrition.gov/farmers-markets , http://www.choosemyplate.gov/vegetables-tips
www.fruitsandveggiesmorematters.org