



Serves 6
Cook Time: 25 minutes

INGREDIENTS:

12 ounces dried whole grain
fusilli pasta

1 16-ounce package frozen
mixed vegetables

1 cup snipped fresh basil

½ cup finely chopped red onion

1 to 1½ cups fat-free Italian or
balsamic salad dressing

Sea salt, to taste

Freshly ground black pepper, to
taste

Easy Vegan Pasta Salad

This quick and easy pasta salad recipe mixes frozen vegetables and prepared salad dressing with chopped onion and fresh basil for a nice balance of freshness and convenience. Chose a colorful frozen vegetable blend that appeals to you. Perfect for kids, it's a great addition to packed school or work lunches. This pasta salad will keep in the refrigerator for up to three days in an airtight container.

<https://www.youtube.com/watch?v=6w8sbxoAU9g>

By Del Sroufe

- 1** In a large pot, cook the pasta according to package directions, adding frozen vegetables for the last 5 minutes of cooking; drain. Rinse cooked pasta with cold water; drain again.
- 2** Transfer pasta mixture to a large bowl. Stir in basil and onion. Drizzle with dressing, and toss to coat. Season with salt and pepper. Serve chilled or at room temperature.