

Name: _____ Date: _____

Red and orange veggies can be smooth, sweet, cool, or zippy. Taste a tomato, crunch a carrot, or savor a sweet potato. With their bright colors and flavorful tastes, they'll steal the show!

You are part of Team _____ (name) and are competing in the **Chef Challenge**. Using the fruit and vegetable ingredients, you will work together to prepare the following recipe and then arrange it on a plate to make it look especially appetizing!

1) Before you begin, read through your recipe. What supplies do you need? _____
 What are the preparation steps? _____

2) Next, look at the recipe serving size. How many people are in your class? _____

Make the necessary calculations to the ingredient measurements to adapt the recipe so that there's enough for everyone.

3) How many cups of vegetables does this recipe provide per serving? (**Hint:** Add together the cups of vegetables in the recipe, then divide by the number of people it serves.) _____

4) What colorful vegetables do you want to include in your pasta salad? Work together with your fellow chefs to measure and prepare your unique pasta salad.

Recipe

Rainbow Veggie Pasta Salad

Ingredients:

- 1 cup cooked whole-grain spiral (rotini) pasta
- ½ cup fresh carrots, chopped
- ½ cup fresh broccoli florets
- ½ cup green peas
- ½ cup fresh tomatoes, chopped
- ½ cup red or orange bell peppers, seeded, diced
- 1 cup canned low-sodium chickpeas, rinsed, drained
- 1 cup low-fat shredded mozzarella cheese (optional)
- 1 cup cooked chicken, chopped (optional)
- 1 cup of light Italian-style salad dressing*
- 1 Tbsp salt and pepper

(*Or make your own dressing using equal parts olive oil and lemon juice.)

Preparation Time: 15 minutes

Serves: 4

Serving Size: 1½ cups

SUPPLIES:

- large bowl
- large spoon
- vegetable peeler
- can opener
- dry measuring cups (½ cup and 1 cup)

Directions:

- 1) In a large bowl, combine cooked pasta, whatever combination of vegetables you choose, cheese and/or chicken (if using), and dressing. Mix gently with a spoon.
- 2) If possible, refrigerate for at least 1 hour before serving. Otherwise, enjoy right away!

