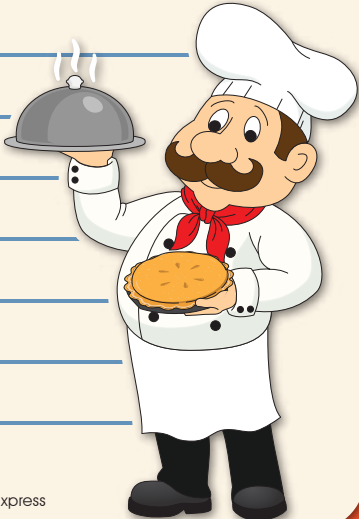


Grocery List

- pasta
- frozen vegetables
- chopped vegetables
- cheese chunks
- olive oil
- honey
- oregano
- mustard
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Pasta Salad

Ingredients:

- 9 oz. pasta (any shape)
- 1 1/2 cups frozen vegetables
- 3/4 cup chopped vegetables of choice (raw or steamed)
- cheese chunks
- 1 1/2 T. olive oil
- 1 tsp. honey
- 1/2 tsp. oregano
- 1/4 tsp. mustard

Cook pasta according to package directions as the children watch. Remind them to stand away from the stove when it is on, and review that hot water can burn skin.

Gather vegetables that the children might enjoy in the pasta, such as olives, tomatoes, broccoli, and red pepper. Wash and chop the vegetables as needed with the children's help, and steam those that are hard. Cut the cheese into small chunks. About 5 minutes before the pasta is done, heat the frozen vegetables on the stove or in the microwave. Rinse the pasta, and place in a bowl. Mix in the vegetables and cheese, or invite children to scoop pasta, cheese, and vegetables of their choice into individual bowls.

Add the olive oil, honey, oregano, and mustard in a small jar. Shake vigorously, and toss it over the pasta, cheese, and veggies. Mix well. Consider allowing children to taste the dressing on a piece of pasta and giving them the choice to add it to their pasta. Vinaigrette can be offered as an alternate choice. Serve immediately. This recipe makes about 6 small servings; adjust accordingly.

As the children eat, review that the pasta is a great source of carbohydrates and fiber, the cheese contains calcium and protein, and the vegetables have fiber and many vitamins.

