



PICK-ME-UP PASTA SALAD

Grab & Go / light bite: This recipe provides a portion of starchy food, a portion of dairy food, and a portion of vegetables.

Recipe adapted from: Solihull Catering Service

Ingredients

15ml (1tbsp) vinegar
5g (1tsp) sugar
8g (2 cloves) garlic, peeled and crushed
500g wholemeal pasta, cooked (220g raw weight)
25g fresh basil leaves, chopped
340g tomatoes, cut into wedges
100g reduced-fat Cheddar cheese, cut into small cubes
70g slice of lean cooked ham
2g (1 tsp) black pepper

Method

1. Put the vinegar and sugar in the mixing bowl. Add the garlic and mix well.
2. Add the pasta and basil leaves and stir to combine.
3. Add tomato wedges to the pasta mixture.
4. Add cheese to the salad.
5. Serve with the ham sprinkled on the top.

Serving suggestion: serve in bowls or disposable salad cartons.



Number of portions this recipe makes:

4 primary servings (265g)
3 secondary servings (355g)



Prep: 10 minutes
Cook: None



Allergy information:
Milk, wheat (gluten)



Top Tips

This recipe makes a great grab & go option for the summer.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose hard yellow cheese which has a maximum total fat content of 25g/100g.