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 (1 tbsp) vinegar
- 5g (1 tsp) 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.

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.

Children’s Food Trust has asked us to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The ‘What Works Well’ website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/whatworks