

Have A Plant® Cook Along: Food Rooted In A Better Mood®

Wednesday, May 19 @ 5:30pm EST

With Sharon Palmer, MSFS, RDN

SHOPPING LIST

- Pasta
- Radishes
- Carrots
- Summer squash
- Leeks or green onions
- Bell pepper
- Heirloom cherry tomatoes
- Pinenuts
- Baby leafy greens
- Fresh basil
- Extra virgin olive oil
- Lemon
- Dijon mustard
- Garlic
- Kosher salt (optional)
- Freshly ground black pepper
- Cultured vanilla soy yogurt
- Berries
- Granola

Farmers Market Pasta Salad

Prep Time: 15 minutes, **Cook Time:** 10 minutes, **Servings:** 8

Ingredients

Salad:

- 8 ounces pasta (any desired shape, may use wheat or pulse pasta)
- 3 medium radishes, trimmed, thinly sliced
- 2 small carrots, scrubbed (don't peel), thinly sliced
- 1 small summer squash (yellow, green, silver), thinly sliced
- 1 cup thinly sliced leeks or green onions
- 1 small bell pepper (purple, red, yellow, orange, green), thinly sliced
- 1 cup heirloom cherry tomatoes (orange, yellow, green, red), sliced in half
- ½ cup pinenuts
- 2 cups baby leafy greens (i.e., kale, arugula, mustard, spinach)
- ¼ cup chopped fresh basil

Mustard Vinaigrette:

- 2 tablespoons extra virgin olive oil
- 1 lemon, juiced
- 2 tablespoons dijon mustard
- 2 cloves garlic, minced
- ¼ teaspoon kosher salt (optional)
- ½ teaspoon freshly ground black pepper

Instructions

1. Fill a large pot with water and bring to a boil. Place pasta in boiling water and cook until al dente, according to package directions. Remove from heat, drain and rinse with cold water. Transfer to a large mixing bowl and allow to cool.
2. Meanwhile, prepare vegetables. Add radishes, carrots, summer squash, leeks (or green onions), bell pepper, cherry tomatoes, and pine nuts to the bowl and toss gently. Add baby leafy greens, and basil to bowl and set aside.
3. Make vinaigrette by whisking together olive oil, lemon juice, mustard, garlic, salt (optional), and black pepper in a small bowl. Pour vinaigrette over pasta salad mixture. Toss gently. Chill until serving time.

Easy Berry Soy Yogurt Parfait

Prep Time: 5 minutes, **Servings:** 1

Ingredients

- 1 6-ounce carton cultured soy yogurt, vanilla
- 1 cup berries (i.e. strawberries, raspberries, blueberries, blackberries)
- $\frac{1}{4}$ cup granola

Instructions

1. Place half of the yogurt in a glass jar or serving dish.
2. Top with half of the berries.
3. Sprinkle with half of the granola.
4. Repeat the layers one more time.
5. Chill until serving time.