

# Recipe:

## ITALIAN PASTA SALAD

Date:

Total Servings	Diet Type			
8 Portions	<input checked="" type="checkbox"/> GENERAL	<input checked="" type="checkbox"/> GLUTEN-FREE	<input type="checkbox"/> VEGAN	<input checked="" type="checkbox"/> KETO

### Ingredients

- Bowtie pasta - 1 lb.
- Sweet corn - 1 or 2 cups
- Green peas - 1 or 2 cups
- Bell pepper - 1 diced
- Tomatoes - 2 medium diced
- Yellow onion - ½ diced
- Celery stalks - 2 diced
- Bacon (optional) - 1 or 2 cups cooked/crumbled
- Italian Dressing (store), OR  
Homemade - Mix together:
  - Red wine vinegar - 3-4 Tbsp.
  - Olive oil - ¼ cup
  - Honey - ¼ cup
  - Red pepper flakes - ½ Tsp.
  - Black pepper - ¼ Tsp.

### Preparations & Cooking

1. Boil the water and add the pasta until fully cooked. Rinse in cold water and set aside.
2. Cook the bacon and crumble.
3. Make sure all the corn and green peas are fully thawed.
4. Cut all other fresh vegetables into bite sizes.
5. Mix all the ingredients together in a big bowl.
6. Add the dressing.
7. Adjust taste by adding either salt, pepper, honey, or vinegar.
8. Refrigerate until ready to serve.

### TIPS:

#### For Low-Carb, Gluten-Free, Keto Diets -

- \* Substitute pasta with Boiled eggs, Grilled chicken, or Baked tofu.