

Garlicky Pasta Salad

- 16 ounces whole grain spiral pasta
- 2-3 tablespoons Spectrum Olive Oil
- 1 tablespoon minced garlic
- 2 large carrots, grated
- Pinch of salt and pepper
- 1 large or 2 medium zucchini, shredded (about 3 cups)
- 1 large or 2 medium yellow squash, shredded (about 3 cups)

Dressing: 1/2 cup of [Essentially Good Dressing](#) or your favorite vinaigrette dressing

Garnish: Broccoli, fresh peas, or sliced red pepper (optional)

Cook pasta in boiling water.

In a wide-bottomed skillet or a large wok, heat olive oil and sauté garlic for 1 minute.

Add carrots, sprinkle with salt and pepper, and stir frequently until carrots wilt slightly.

Add zucchini and yellow squash and cook, stirring constantly, about 1 minute.

Remove to a large mixing bowl and spread out vegetables to cool. Drain pasta and add to vegetables.

Pour dressing on pasta-vegetable mixture. Toss lightly. Adjust seasoning if necessary. Add garnish if desired. Serves 6 to 8

Helpful Hint: The flavor is enhanced if the salad is allowed to sit for an hour or two.

Variations:

- Add garbanzo beans, white beans, or bite-sized pieces of pan-fried tempeh or tofu to the salad.
- Top salad with pesto or peanut sauce instead of dressing. ENJOY!