



Flavors of Rochester at the Market

A sampling series brought to you by the City of Rochester Public Market, Friends of the Market, Democrat & Chronicle, Summit Federal Credit Union. Saturdays, May through September 10 a.m. to 12 p.m.

www.cityofrochester.gov/marketflavors;
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Guest Chef for July 23, 2016:

Friends of the Rochester Public Market's Margaret O'Neill

RECIPE: MARKET PASTA PRIMAVERA SALAD

Here's a delicious and adaptable pasta salad just in time for picnic and barbecue season! There are many variations to this easy-to-assemble salad, which features whatever fresh veggies you love from the Market, and any shape pasta that you choose.

This salad tastes great either chilled or at room temperature, and travels well in a cooler. It can be made as a vegetarian recipe; or add cubes of cheese (try mozzarella or cheddar) and salami or pepperoni slices for a heartier version. And the leftovers make a delicious lunch served over salad greens or tomato slices!

Ingredients

1/4 cup broth (chicken or vegetable)	1 cup peeled and sliced carrots
2 Tbsp. wine vinegar	4 cups fresh broccoli
3 Tbsp. olive oil	1 sweet red pepper, cubed
1 clove garlic, minced	1 tomato, diced
1 tsp. dried basil (or 1 Tbsp. fresh basil)	1/2 cup black olives, sliced
1/2 tsp. salt	1/4 cup grated Parmesan cheese
1/2 pound pasta (spirals, shells, bow ties, etc.)	

Directions

1. In a large bowl combine first 6 ingredients (broth through salt).
2. Cook pasta according to package directions. Drain and rinse with cold water. Add to bowl.
3. Cook carrots and broccoli in salted boiling water for 2 minutes; drain and immediately plunge into ice water to stop the cooking.
4. Add drained veggies, red pepper, tomato, olives and Parmesan cheese to pasta. Toss well to blend. Serve at room temperature or refrigerate. Serves 6.

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