italian pasta salad

ingredients

1-1½ cups cooked rotini noodles

or other pasta

¼ medium cucumber

¼ bell pepper

½ medium roma tomato

or ½ cup cherry tomatoes

½ avocado

1-2 tbsp olive oil

Salt and pepper to taste

Italian seasoning or oregano to taste

And

2 cups self-rising flour

Chopped walnuts, pecans, chocolate chips, etc

1 servings | 10 minutes | 10 minutes total

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This recipe is great for the end of the week, when you’re running low on groceries. You can add almost anything to this pasta salad and it’s delicious. I made this recipe for one serving, but make as much as you’d like. Seriously, you can’t mess up with pasta salad.

I used veggies left over from my salad this week—cucumber, tomato, avocado, and bell pepper. I chopped all the veggies into bite size pieces and made my own Italian dressing. Again, you can add any seasonings for your desired taste. I chose olive oil, but you could use any oil, mayo, etc.

# Directions

If your pasta isn’t already cooked, boil for 8-10 minutes until soft and tender. Drain and rinse with cold water. Chop cucumber, bell pepper, roma tomato, and avocado into bite size pieces. Add to pasta.

For the dressing, I mixed two tablespoons of olive oil with salt, pepper, Italian seasoning, and oregano. I poured this over my pasta and veggies and stirred until everything was well coated with the dressing.