

Recipe

Oriental Pasta Salad

By

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This pasta salad is welcome change from traditional pasta dishes, easy to make and a super-hit with all- especially kids.

Ingredients

- Diced Celery – ½ cup
- Diced Green Pepper – ½ cup
- Diced Red Pepper – ½ cup
- Boiled Sweet Corn – ½ cup
- Boiled Green Peas – ½ cup
- Shredded Spinach – 1 cup
- Diced Olives – ½ cup

- Diced Cherry Tomatoes – ½ cup
- Any pasta – 2 cups
- Sesame Oil – 1 to 2 tspn
- Salt – to taste

For Dressing:

- Soy Sauce – 1 tblspn
- Vinegar – 1 tblspn
- Honey – 1 tblspn
- Sesame Oil – 3 tblspn
- Red Chili Paste/Cayenne Pepper – 1/2 tspn
- Salt – to taste

Preparation

1. Boil pasta as per packet instructions. Drain and keep aside.
2. Mean while heat sesame oil in a frying pan. When sufficiently hot add diced celery, red and green peppers and sauté for a minute. Now add the boiled corn and peas and mix well. Finally fold in the tomatoes spinach, olives and salt and mix well. Remove from heat and keep aside.
3. Add all the dressing ingredients in a bowl and whisk to mix well. You can altar the amount of chili and honey to suite your taste.
4. In a large mixing bowl add the cooked pasta to the veggies and drizzle enough dressing to coat the pasta completely. Mix well. Let stand for an hour before serving.

Serves

4-5

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Hare Rama Hare Rama Rama Rama Hare Hare**