

Pasta Salad

by Anand Lila devi dasi

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*"Eating prasadam
is a nice process
of purification."*

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Ingredients

- Uncooked spiral pasta..... 2 C
(or any other pasta of your choice)
- Broccoli flowerets, steamed..... 1/2 C
- Bell pepper, cut into (1-inch) strips..... 1 C
- Tomato, cut into (3/4 -inch) cubes..... 1 C
- Lettuce, torn into pieces..... 1 1/2 C
- Lemon juice..... 3 Tbsp
- Honey..... 1 1/2 Tbsp
- Dried oregano..... 1/4 Tsp
- Dried basil..... 1/4 Tsp
- Asafetida powder..... 1/2 Tsp
- Ground black pepper..... 1/2 Tsp
- Salt..... 1 Tsp
- Olive oil..... 1/4 C

Preparation

- 1) Cook the pasta in water according to the directions, and then drain it.
- 2) In a bowl, combine the cooked pasta, broccoli, bell pepper and tomato.
- 3) Whisk the lemon juice, honey, oregano, basil, asafetida, black pepper and salt. Stir in the olive oil.
- 4) Pour the dressing over the salad and toss gently to coat. Just before serving add the lettuce and mix well.

Serves: Four to Five

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