

Summer Vegetable Pasta Salad

Level: Easy

Prep Time: 40 minutes

Serves: 8 to 10

Cooking Time: 20 minutes



1 (12 oz.) box rotini (pasta)

1 (16 oz.) package frozen shelled edamame (soybeans)

$\frac{1}{2}$ pound fresh broccoli crowns; remove stems, then cut into bite-size florets

$\frac{1}{2}$ a sweet Italian red onion; slice thinly

3 mini sweet peppers; remove stems and seeds, then julienne cut

1 pound grape tomatoes; cut in half

1 (15 oz.) can black beans; rinse with water in a colander and drain well

1 (15.25 oz.) can golden sweet corn; liquid drained

Dressing (double this recipe if you like it heavily marinated):

$\frac{1}{4}$ cup apple cider vinegar (I used Bragg's Raw Unfiltered With The 'Mother')

3 to 4 tsp. white granulated sugar (optional-if you like it sweet)

3 Tbsp. water

1 (0.7 oz.) pouch Good Seasons Italian Salad Dressing Mix

$\frac{1}{2}$ cup extra virgin olive oil

Make an ice bath in a medium sized bowl. Set aside. In a pot of boiling water, cook the pasta according to the instructions on the box. However, do not discard the pot of boiling water until after the broccoli has been blanched. With a slotted spoon, just transfer the pasta to a colander, and rinse the pasta with cold water to stop it from cooking. Drain the pasta well. Add the frozen shelled edamame to the pot of boiling water and cook for 5 minutes. While the edamame is cooking, transfer the drained pasta to a large mixing bowl. With a slotted spoon, transfer the edamame to the same colander and rinse with cold water to stop it from cooking. Drain the edamame well and place it in the mixing bowl with the pasta. Blanch the broccoli florets in the pot of boiling water for 1 to $1\frac{1}{2}$ minutes. With a slotted spoon, transfer the broccoli to the ice bath and let it sit for about 1 to 2 minutes until the broccoli has cooled. Place the broccoli in the colander and drain well. Add the broccoli to the mixing bowl. Add the sliced red onions, sweet peppers, grape tomatoes, black beans, and corn to the mixing bowl. Add the dressing and gently toss with a large spoon or spatula. Refrigerate until ready to serve. Right before serving, gently toss salad again.

For the dressing: In a container with a tight fitting lid, add the vinegar, sugar, water, and dressing packet. Shake well until combined. Add the oil and shake again until well blended.