



Ranch Pasta Salad

HEALTHY CHOICE MEAL KIT

SHOPPING

PRODUCE	<ul style="list-style-type: none"> • Vegetables of choice (4 cups) • Onion (red, white or green/scallions) • Lemon
PROTEIN AND DAIRY	<ul style="list-style-type: none"> • 2 cans of tuna (optional) <p>OR</p> <ul style="list-style-type: none"> • 2 cans of chicken (optional) <p>OR</p> <ul style="list-style-type: none"> • 1 can chickpeas or kidney beans (optional)
GRAINS	<ul style="list-style-type: none"> • 1 lb. short pasta
THE OPEN DOOR SEASONING KIT	<p>Seasoning packet contains:</p> <ul style="list-style-type: none"> ◦ 1 1/2 tsp. parsley (dry) ◦ 1 tsp. onion powder ◦ 3/4 tsp. garlic powder ◦ 3/4 tsp. kosher salt ◦ 1/2 tsp. chives (dry) ◦ 1/3 tsp. dill (dry) ◦ 1/8 tsp. black pepper



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30 mins

Makes 6 servings

RECIPE

INGREDIENTS	<p>12 oz. Short pasta</p> <p>4 cups Vegetables*</p> <p>1/2 cup Onion, finely chopped</p> <p>1/2 cup Olive or vegetable oil</p> <p>1 Lemon (zest & juice)</p> <p>1 Tbsp. Vinegar (light colored)</p> <p>2 tsp. Honey (optional)</p> <p>1 Ranch Seasoning Packet*</p>
	<p><i>*Canned, frozen, or fresh. Suggestions: carrots, green beans, peas, tomatoes, cucumbers, zucchini, bell pepper, broccoli, spinach or arugula</i></p> <p><i>**1 1/2 tsp. parsley, 1 tsp. onion powder, 3/4 tsp. garlic powder, 3/4 tsp. kosher salt, 1/2 tsp. chives, 1/3 tsp. dill, 1/8 tsp. black pepper (all dry)</i></p>

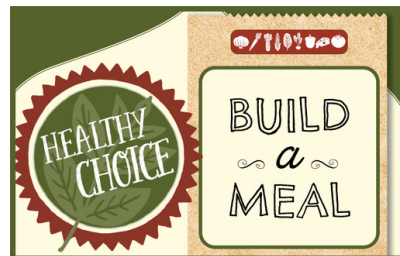
INSTRUCTIONS	<p>Cook the pasta according to the package directions; drain and let cool completely. Into a large bowl, zest and juice the lemon. Whisk in the vinegar, honey, ranch mix, and olive oil. Stir in the cooled pasta, chopped onion, and the 4 cups of vegetables.</p> <p><i>Serving suggestion: add tuna, chicken, or beans for protein, to create a complete meal</i></p>
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Recipe adapted from www.southernliving.com "Tuna Pasta Salad"

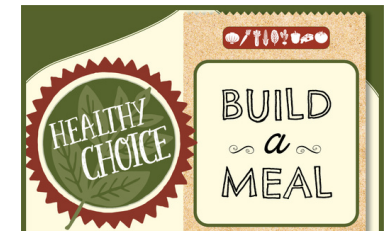
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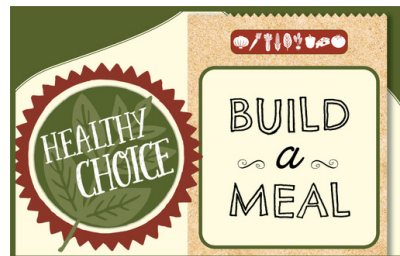
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