

# Playtime Pasta

Serves 8

## Ingredients

- 1 pound cooked whole-wheat pasta
- ½ pound low-fat fresh mozzarella
- 5 small tomatoes
- 1 green bell pepper
- 1 orange, yellow, or red bell pepper
- 1 15.5-ounce can cannellini beans, drained and rinsed
- ½ bunch fresh basil
- 2 lemons
- olive oil, to taste
- balsamic vinegar, to taste
- salt and pepper, to taste

## Directions

1. Place cooked pasta in a large mixing bowl.
2. Dice mozzarella, tomatoes, and bell peppers, and add them to the bowl of pasta.
3. Add beans to the bowl.
4. Remove basil leaves from stems. Tear leaves into small pieces and add to the bowl.
5. Juice lemons into bowl. Add olive oil and balsamic vinegar to pasta salad, a little at a time, to taste.
6. Add salt and pepper, to taste, stir well, and eat!

## Nutrition per serving

Calories: 427

Protein: 22 g

Carbohydrate: 67 g

Fat: 8 g

Fiber: 8 g

## Notes

- Above vegetables may be substituted with other favorites such as broccoli, peas, or zucchini.
- Use other favorite beans, such as garbanzo or kidney beans, instead or in addition to the cannellini beans.



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### Suggested Ingredients

- 1 pound cooked whole wheat pasta,
- 2 Bell Peppers, washed, different colors if possible
- 1 pint grape tomatoes, washed
- 1/2 pound mozzarella cheese
- 1-15.5 ounce can cannellini beans, drained and rinsed
- 1/2 bunch fresh basil, washed
- 2 lemons
- Olive oil, to taste
- Balsamic vinegar, to taste
- Salt and pepper, to taste

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### Equipment

- Adult cutting board
- Adult knife
- Children's cutting board (The Creative Kitchen suggests a small cutting board or reusable plastic or paper plate), 1 per child
- Children's knife (The Creative Kitchen suggests a plastic knife for younger children, while older children may be able to use a sharper knife), 1 per child
- Large mixing bowl (The Creative Kitchen suggests individual, sealable plastic sandwich bags if individual portions are preferred - whether for hygiene or simply because little chefs enjoy creating their own!)
- Mixing spoon