Countryside Pasta Toss Recipe



INGREDIENTS

1 cup uncooked rotini pasta (3 ounces)

1/2 lb new potatoes, cut into 1/2 inch wedges

1/2 cup broccoli florets

1/2 cup baby carrots

1/4 cup snap pea pods

2 tsp butter or margarine

1 tbsp chopped fresh parsley

1/2 tsp dried dill weed

1/4 tsp salt

1 ounce fully cooked ham, cut into thin strips



Frozen baby carrots and snap pea pods can be used instead of fresh. Prepare as directed on packages before tossing with other vegetables.

PREPARATION

- 1. Cook and drain pasta as directed on package
- 2. Meanwhile, in 3 quart saucepan, place steamer basket in ½ inch water (water should not touch bottom of basket). Place potatoes, broccoli and carrots in basket. Cover tightly and heat to boiling, then reduce heat to medium-low. Steam 5 minutes. Add snap pea pods. Cover and steam about 2 minutes longer or until potatoes are tender.
- 3. In medium bowl, toss vegetables with butter, parsley, dill weed and salt until coated. Stir in ham and pasta and toss.

BOYS TOWN
National Research
Hospital

^{*} Recipe from Betty Crocker