

Make Your Own Pasta Salad

Cooking



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WHAT MAKES IT MEANINGFUL

This cooking recipe will teach you a good base for a pasta salad, so next time you can make it more tailored to your preferences and add other things as you learn what you like and don't like. This can encourage independence and learning good life skills. Making a recipe start to finish can boost self-confidence and independence.

TIME

This activity would take 30–40 minutes.

MATERIALS

Ingredients

- 2 cups of any pasta you like (\$3)
- 1 cup cubed or grated cheddar cheese (\$5)
- 1 cup diced cucumber (\$2)
- 1 cup halved cherry tomatoes (\$6)
- ½ cup diced bell pepper (\$3)
- ½ cup diced onion (\$2)

Dressing

- ½ cup mayonnaise (\$5)
- 2 tablespoons apple cider vinegar or white vinegar (\$2)
- 1 tablespoon oil (\$8)
- 1 teaspoon honey (\$8)
- ½ teaspoon salt
- pinch of pepper



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- ¼ teaspoon onion powder (\$3) (optional)
- ¼ teaspoon garlic powder (\$3) (optional)

INSTRUCTIONS

1. Bring a large pot of water to a boil and add your pasta in, cook pasta according to package, don't overcook.
2. Drain pasta and rinse it with cold water.
3. To make dressing, whisk together mayonnaise, oil, apple cider vinegar, honey, salt, pepper, onion powder and garlic powder until smooth.
4. In a large bowl combine cooled pasta, dressing, cubed cheese, halved cherry tomatoes, diced cucumber, diced onion, diced pepper.
5. Mix until combined, and it's now ready to serve.

RESOURCES

https://hereasyrecipes.com/kid-friendly-pasta-salad-recipe/#google_vignette

SUPPORTS NEEDED

Support may be needed while boiling the pasta and cutting the various vegetables, as well as measuring out dressing ingredients.

OTHER THINGS TO NOTE

Add or take out any vegetable, to tailor this recipe to your preferences.