



## Pasta Veggie Salad Recipe

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<b>Preparation Time</b>	<b>30</b>
<b>Cooking Time</b>	<b>10</b>
<b>Serving Size</b>	<b>7</b>

### Ingredients:

- 1 can DEL MONTE Crushed Pineapple (227g)
- 4 cup cabbage, shredded
- 1 pack DEL MONTE Salad Macaroni (400g), cooked
- 1 cup carrot, grated
- 1 cup mayonnaise
- 1 1/2 tsp salt, iodized fine
- 4 tsp sugar, white

### Preparation:

1. Combine all ingredients in a bowl. Season with fine salt and sugar. Toss to blend well. Cover and chill until ready to serve.

### Chef's Tip

When added, the DEL MONTE Crushed Pineapple syrup makes the dressing more flavorful and adds more moisture to the pasta.

### Lusog Notes

This recipe is high in vitamin A, which promotes healthy skin and normal vision. It is also a source of vitamin C that helps resist infections and aids in wound healing.

### Cooking Skills Needed

- Mixing
- Boiling
- Grating

### Cooking Tools

- Grater
- Measuring Spoon
- Chopping Board
- Spatula
- Colander
- Measuring Cups