



Pasta Veggie Salad Recipe

Preparation Time	30
Cooking Time	10
Serving Size	7

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
- Knife
- Spatula
- Colander
- Measuring Cups