

# Veggie Salad: A Yummy Lift

By Katie Nielsen



Have you ever looked in your cupboards or your refrigerator and realized that every piece of food you own has over 600 calories and 10 grams of fat per serving? That's the life of a college student. Junk food seems to be much easier to prepare and cheaper to buy than a real, well-balanced meal is.

**That's where a lot of college students get it wrong.**

Fresh fruits and vegetables are surprisingly cheap. At Albertsons, a sizeable bunch of celery only costs 89 cents. Fuji apples are only \$1.29 per pound and you can get about 3 apples per pound. Eating healthily is possible on a budget. To prove this, I'd like to suggest a recipe that is cheap, fast, easy, yummy, and nutritious.

First you'll need a box of Suddenly Pasta Salad, although probably most types of boxed pasta salads would work. I got my box from Walmart and it only cost \$1.66. Prepare the pasta salad according to the instructions. While the pasta is boiling, get out a cutting board and a knife and get ready to use your imagination.

**You can add almost any vegetable to pasta salad.**

Some of the ingredients I like to use include broccoli, carrots, green onions, peas, and green pepper. Listed above are some of the proportions I would suggest you use of each of these items. You can also add diced ham if you want to make it a complete meal.

Rinse, chop, mince, or slice whatever ingredients you choose and set them aside. When I make this pasta for dinner, I rinse the boiled pasta with hot water instead of cold because I prefer my suppers to be warm. After stirring the pasta into the seasoning mixture you get to add your own extra ingredients. If you feel like your pasta salad is too dry once you add the vegetables, you can add an extra tablespoon or two of oil to the mix. Serve immediately or chill. It serves about four people.

## Ingredients

### Suddenly Pasta Salad

3 Tbs Water

2 Tbs Vegetable Oil

### *Suggested Add-ins*

1/2 C chopped  
broccoli

1/3 C coined carrots

2 chopped green  
onions

1/3 C peas (steamed,  
drained)

1/4 chopped green  
pepper

1/2 C cubed ham