

Betty's Perky Pasta Salad Recipe



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In this video, Betty demonstrates how to make Perky Pasta Salad. This is a salad made with cooked rotini, combined with mushrooms, green onion, red & green bell peppers, and Parmesan cheese, and flavored with Italian salad dressing and freshly ground black pepper. It is colorful and tasty, and it can be used as a complete meal or as a side dish.

Ingredients:

2 1/2 cups pasta, uncooked (I used rotini pasta.)

1 teaspoon salt

water, for cooking pasta

1 cup sliced fresh mushrooms

1/2 cup finely shredded Parmesan cheese

1/2 cup Italian flavored salad dressing (Rick and I think 1/2 cup makes the salad a little bland, and that a full cup makes the salad zestier--your choice!)

1/4 cup sliced green onion tops

1/4 teaspoon freshly ground black pepper, or to taste

1/2 green bell pepper, washed, seeded, and cut into 3/8-inch strips, cut in half

1/2 red bell pepper, washed, seeded, and cut into 3/8-inch strips, cut in half

Fill a medium to large pot half-full of water, and bring it to a boil. Add 1 teaspoon salt and 2 1/2 cups of pasta. Bring back to a boil, and cook the pasta until al dente (chewy, not mushy), about 8 minutes. Drain, and rinse well with cold water. Add 1 cup sliced fresh mushrooms, 1/2 cup finely shredded Parmesan cheese, 1/2 to 1 cup of Italian salad dressing, 1/4 cup sliced green onion tops, 1/4 teaspoon freshly ground black pepper (or to taste), 1/2 green pepper, cut into strips, and 1/2 red pepper, cut into strips. Toss well. Cover and chill until ready to serve. (This salad will taste better if allowed to chill at least 1 hour.) Serve in individual salad bowls. This is a gorgeous salad, and very tasty. Remember to add Italian dressing to your own taste! I hope you enjoy this recipe! --Betty :)