

March Weis Markets Dietitian Virtual Cook-Along

March 16, 2022 @ 1 pm with Emily Bumgarner



National Nutrition Month-Highlighting Food Groups

Join Weis Dietitian Emily to learn more about balanced meals by diving deeper into the 5 food groups. We will also make a yummy recipe that packs in multiple food groups.

Little Italy Pasta Salad

(serves 8 people)

Click the link below to join:

<https://zoom.us/j/92794417622?pwd=Mm1oWlkrMnZwN3ZaU2tkM1VpMHBIQT09>

Passcode: 7832048212

Ingredients: If possible, have all ingredients prepared (including pasta) and measured in advance to save time.

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| • 1 box (16 ounces) Weis Quality Whole Wheat Rotini |
| • 4 oz Provolone Cheese, cut into 1/2-inch pieces |
| • 1/3 cp Weis Quality Original Italian Dressing |
| • 15 grape tomatoes, each cut in half (1 cup) |
| • 1/2 medium English cucumber, halved lengthwise and sliced 1/4-inch thick |
| • 1 tsp Italian Seasoning |
| • 4 oz Genoa salami and/or lower sodium ham, cut into 1/2-inch pieces |
| • 2 cp loosely packed Weis Quality Baby Spinach leaves, sliced (about 1 cup) |
| • 1/2 tsp Weis Quality Ground Black Pepper |

Directions: Cook pasta according to package instructions. Rinse cooked pasta under cold water and drain.

In large bowl, toss pasta with remaining ingredients until well blended. Cover and refrigerate at least 2 hours or up to 2 days.

Registration not required

Join on a computer or mobile app
Attend as a group or individually
Closed Caption not available

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