Recipe
Takes 10 minutes
Makes 10 servings

**YOU WILL NEED:**
mixing bowl
whisk
measuring cups
measuring spoons
spoons

**Ingredients**
For 8 servings

1 pkg. (16 oz.)
whole wheat shaped pasta
(bow-tie, penne, shells, etc.)

2 cups
broccoli florets, chopped

1 red bell
pepper, chopped

1.5 cups
halved cherry
tomatoes

1/2 cup
Italian salad
dressing

1/4 cup chopped
basil or parsley

1/4 cup grated
Parmesan cheese

**Preparation**
Whisk the balsamic vinegar, olive oil, basil or parsley and cheese in the mixing bowl with the whisk. Add the pasta, broccoli, red bell pepper and tomato and toss well to coat with dressing.
DIRECTIONS
1. Fill in the blank in the bubble.
2. Color the whole grain train.
3. Color the wheat stalks.

All aboard the _____ train!
First stop: fuel!