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Kid Friendly Pasta Salad

This kid-friendly pasta salad is packed with lots of fresh veggies and pasta, which makes it a healthy, filling, colorful and delicious pasta salad that your child will love!

Author [Diana](#) 🍴 Servings 2 servings

Prep Time 5 minutes **Cook Time** 10 minutes **Total Time** 15 minutes

Ingredients

- ☐ ½ cup (50 grams) **uncooked farfalle pasta** or 1 cup of cooked pasta
- ☐ ¼ cup (40 grams) **fresh peas** or frozen and thawed
- ☐ 1 **carrot** diced
- ☐ ½ **cucumber** peeled and diced
- ☐ ½ **red bell pepper** diced
- ☐ ¼ cup (40 grams) **steamed corn kernels**

For the dressing

- ☐ 1 tablespoon **extra virgin olive oil**
- ☐ 2 tablespoons **lemon juice** optional
- ☐ ½ teaspoon **salt**

Instructions

- 1 Cook pasta in salted boiling water for 10 minutes. Check the doneness before removing it from the by tasting 1 piece. Or cook according to the manufacturer's instructions.
- 2 Mix the pasta with the rest of the ingredients in a bowl and serve at room temperature or cold.

Notes

- This pasta salad can be served at room temperature or cold.
- Feel free to mix things up and add other vegetables that your child likes.

Nutrition

Calories: 177kcal | Carbohydrates: 23g | Protein: 4g | Fat: 7g | Saturated Fat: 1g | Sodium: 605mg | Potassium: 285mg | Fiber: 2g | Sugar: 4g | Vitamin A: 6080IU | Vitamin C: 48mg | Calcium: 21mg | Iron: 1mg

Find it online: <https://littlesunnykitchen.com/kid-friendly-pasta-salad/>

