### Summer Pasta Salad

**Serves 4-6**

**Instructions (for you and your kids!):**

1. Bring a pot of water to boil and cook the pasta.
2. While the water heats and the pasta cooks, prep your vegetables. Wash everything and then mince up the garlic scapes and onion.
3. Cut the zucchini, summer squash and tomato into bite-sized pieces. De-stem the kale and shred.
4. Chop the herbs up nice and fine.
5. Grate the cheese and make the dressing (see below)
6. Drain the pasta and toss everything together in a big bowl!

**Ingredients:**
- Tri Color Pasta
- Summer Squash
- Zucchini
- Garlic Scapes
- Kale
- Onion
- Tomato
- Parsley
- Basil
- Parmesan Cheese
- Salt
- Italian Dressing

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### Rainbow Omelet

**Serves 4-6**

**Instructions (for you and your kids!):**

1. Wash the rainbow chard, then separate the green leaves from the stalks at the point where they meet.
2. Cut up the stalks nice and small, and then shred the greens but keep them separate.
3. In a pan with a little oil or butter, sautee the chard stalks until they’re a little soft. Then add in the green tops. Sprinkle with the garlic salt and cook until they’re wilted. Remove from pan.
4. Beat the eggs so they’re frothy and light, In the same pan, pour the eggs, cook lightly on one side and then flip the whole egg over, put the cooked chard, parmesan cheese, and fresh basil onto the top. Fold in half and cook for another minute.
5. Serve hot!

**Ingredients:**
- Eggs
- Rainbow Chard
- Parmesan Cheese
- Garlic Salt
- Basil