

Farmer's Market Pasta Salad



For more creative pasta recipes to fit in your diet, visit sharethepasta.org or contact **Diane Welland MS, RD** at dwelland@kellencompany.com



[instagram.com/sharethepasta](https://www.instagram.com/sharethepasta)



[facebook.com/sharethepasta](https://www.facebook.com/sharethepasta)



[youtube.com/sharethepasta](https://www.youtube.com/sharethepasta)



twitter.com/sharethepasta



[pinterest.com/sharethepasta](https://www.pinterest.com/sharethepasta)

For more recipes, scan the QR code!



NATIONAL PASTA
ASSOCIATION

Farmer's Market Pasta Salad *

Total preparation time: 30 minutes

Servings: 12 side dish servings

Ingredients

- 8 ounces fusilli pasta or cheese tortellini
- ½ bunch radishes thinly sliced
- 4 small carrots scrubbed (don't peel), thinly sliced
- 1 bunch thin asparagus trimmed, cut in 1 ½-inch pieces
- 1 small summer squash, yellow or green
- ½ red or white onion thinly sliced
- 1 bell pepper any color, thinly sliced
- 2 cups cherry tomatoes sliced in half (orange, yellow, green, red)
- ½ bunch baby arugula about 2 cups
- ½ cup pinenuts, toasted
- ¼ cup chopped fresh basil

For vinaigrette

- 3 tablespoons extra virgin olive oil
- ¼ cup red wine vinegar
- 1 tablespoon whole grain mustard
- 1 tablespoon lemon zest
- 1 clove garlic minced
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper

Instructions

1. Fill a large pot with water and bring to a boil. Place pasta in boiling water and cook until al dente.
2. Meanwhile, prepare vegetables and place carrots, asparagus, summer squash, onion, and pepper in a large bowl.
3. When pasta is done cooking, drain, and place hot pasta on top of the fresh vegetables to tenderize them slightly. Allow to cool for 15 minutes.
4. Meanwhile, whisk together all vinaigrette ingredients in a small bowl. Pour over pasta salad mixture.
5. Toss in arugula, pinenuts, and fresh basil. Chill until serving time.

*This recipe was developed by Registered Dietitian Sharon Palmer from The Plant-Powered Blog

Nutrition Facts**

Amount Per Serving

Calories	162
Fat	8g
Saturated Fat	1g
Sodium	84mg
Carbohydrates	20g
Fiber	4g
Sugar	4g
Protein	5g



**Note nutritionals are based on fusilli pasta.



sharethepasta.org