



Spring Veggie Pasta Salad

INGREDIENTS (Yield: 8 servings)

- ¼ cup olive oil, divided
- ¼ teaspoon salt, divided
- ¼ teaspoon pepper, divided
- ¼ cup chopped, fresh basil, divided
- 2 cups multi-colored cherry tomatoes, halved
- 8 ounces whole-wheat bow tie pasta
- 6-ounce jar of marinated artichoke hearts, drained
- 1 cup frozen peas, defrosted
- 1 bunch asparagus, ends snapped off, cut into bite-sized pieces
- 1 small zucchini
- 1 cup arugula
- 2 tablespoons fresh chopped parsley
- 1 tablespoon balsamic vinegar
- ¼ teaspoon Dijon mustard

NUTRITION INFORMATION: 204 Calories; 7 grams Fat; 1-gram Saturated Fat; 0 mg Cholesterol; 134 mg Sodium; 29 grams Carbohydrates; 4 grams Sugar; 3 grams Fiber; 7 grams Protein

DIRECTIONS

1. In a medium sized bowl, mix 1 tablespoon olive oil, a pinch of salt and pepper and 2 tablespoons fresh chopped basil. Add the cherry tomato halves and toss.
2. Bring 2 pots of water to a boil. Add the pasta to one pot and follow the cooking directions on the package, omitting any added salt. Be careful to not overcook the pasta. When the pasta is finished, rinse it in cold water and allow to drain thoroughly. In the other pot add the asparagus to the boiling water. Remove after 2 – 3 minutes and then rinse thoroughly in cold water.
3. Use a vegetable peeler to make “ribbons” of zucchini. Turn the zucchini while peeling and be careful not to reach the seeds. In a large bowl, combine the artichoke hearts, peas, asparagus, zucchini, arugula, tomato halves, pasta, remaining basil and parsley.
4. In a small bowl, mix the remaining 3 tablespoons of olive oil, 1 tablespoon of balsamic vinegar, Dijon mustard, salt and pepper. Drizzle the olive oil mixture over the vegetables and pasta. Gently toss and serve.