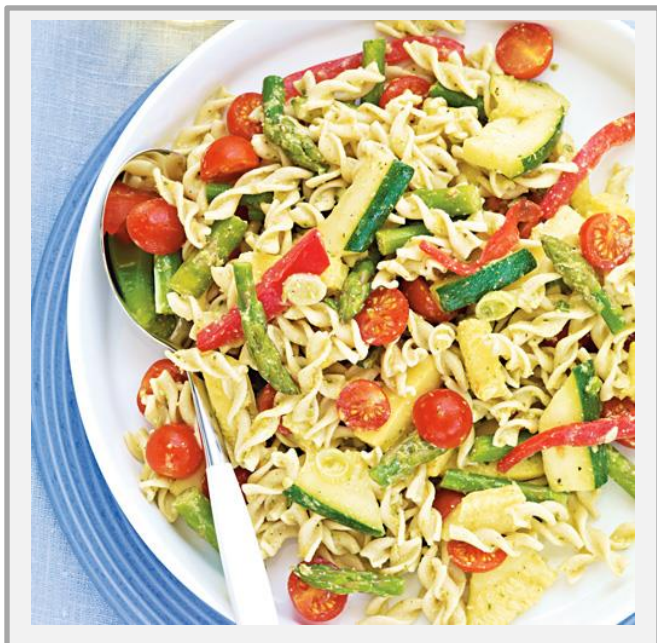


Pasta Summer Salad



Makes: 12 servings



Total Time: 30 minutes

Ingredients:

- ♥ 1 bunch (about 1 lb.) asparagus, trimmed, cut in 1 ½-inch pieces
- ♥ ½ red sweet pepper, cored, thinly sliced
- ♥ 1 zucchini, trimmed, cut into quarters, then cut on bias
- ♥ 1 pkg (16 oz.) fusilli
- ♥ 3 green onions, trimmed, finely shredded
- ♥ 1 pint cherry tomatoes halved
- ♥ 1 jar (6.7 oz.) basil pesto sauce
- ♥ Juice and zest of 3 lemons (1/2 cup juice)
- ♥ 1/3 cup shredded pecorino Romano cheese

PREPARATION

1. Add asparagus to large pot of boiling water; blanch 1 minute. Add pepper, zucchini; and yellow squash; blanch 30 seconds. Remove veggies from water; place in bowl of ice water 30 seconds. Drain well; transfer to large bowl.
2. Return blanching water to a boil; add pasta. Cook 9 minutes. Drain; rinse with cold water.
3. Add pasta, green onions, and tomatoes to veggies in large bowl.
4. Toss with pesto sauce. Add lemon zest, lemon juice, and cheese. Toss to combine.

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Nutrition Facts				
Serving Size: 1 serving (172.5g)				
Servings: 1				
Amount Per Serving				
Calories	250	Calories from Fat 80		
% Daily Value*				
Total Fat	9g		14%	
Saturated Fat	2g		11%	
Trans Fat	0g			
Cholesterol	10mg		3%	
Sodium	200mg		9%	
Total Carbohydrate	33g		11%	
Dietary Fiber	3g		12%	
Sugars	4g			
Protein	9g			
Vitamin A	25%	•	Vitamin C 80%	
Calcium	15%	•	Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.				
		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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