



SPRING VEGETABLE AND PASTA SALAD

ingredients:

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| 1/4 cup olive oil, divided | 1 cup frozen peas, defrosted |
| 1/4 teaspoon salt, divided | 1 bunch asparagus, ends snapped off,
cut into bite-sized pieces |
| 1/4 teaspoon pepper, divided | 1 small zucchini |
| 1/4 cup chopped, fresh basil, divided | 1 cup arugula |
| 2 cups multi-colored cherry tomatoes,
halved | 2 Tablespoons fresh chopped parsley |
| 8 ounces whole wheat bow tie pasta | 1 Tablespoon balsamic vinegar |
| 6-ounce jar of marinated artichoke
hearts, drained | 1/4 teaspoon Dijon mustard |

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.
3. In the other pot add the asparagus to the boiling water. Remove after 2-3 minutes and then rinse thoroughly in cold water.
4. Use a vegetable peeler to make "ribbons" of zucchini. Turn the zucchini while peeling and be careful not to reach the seeds.
5. In a large bowl, combine the artichoke hearts, peas, asparagus, zucchini, arugula, tomato halves, pasta, remaining basil and parsley.
6. 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.

Yield: 8 servings

Nutrition Information Per Serving:

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

Food exchange:

1 starch, 3 vegetable,
1 1/2 fat



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