

# Pasta and Vegetable Salad

## Ingredients:

- 7 ½ ounces Kumut spirals
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- 3 ¼ cup broccoli florets
- 2 tbsp. flaxseed oil
- ¼ cup balsamic vinegar
- 2 tbsp. lemon juice
- 1 tbsp. Dijon mustard
- 1 tbsp. honey
- 1 garlic clove, minced
- 3 ¾ cups fresh tomatoes, diced
- 3 ounces calamata olives without pits
- ½ cup fresh basil, chopped
- ¼ cup parsley
- 2 ¾ cups chicory, shredded



## Nutrition Facts

Serving Size 1 cup (227g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 260</b>	<b>Calories from Fat 90</b>
<small>% Daily Value*</small>	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 8g	
<b>Protein 9g</b>	
Vitamin A 45%	• Vitamin C 90%
Calcium 4%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000    2,500</small>
Total Fat	<small>Less than 65g    80g</small>
Saturated Fat	<small>Less than 20g    25g</small>
Cholesterol	<small>Less than 300mg    300mg</small>
Sodium	<small>Less than 2,400mg    2,400mg</small>
Total Carbohydrate	<small>300g    375g</small>
Dietary Fiber	<small>25g    30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



\*SOY FREE



\*DAIRY FREE

## Directions:

1. Bring 4 quarts water to a boil in a large pot, add pasta and cook until pasta is al dente, 9 to 10 minutes.
2. Add broccoli and continue to cook until the pasta is tender, 1 minute longer. Drain and set aside.
3. Meanwhile, whisk oil, vinegar, lemon juice, mustard, honey, and garlic in a large bowl; add salt and pepper.
4. Add drained pasta and broccoli and stir to coat with dressing. Let cool. Mix in tomatoes, olives, basil, parsley, and radicchio; stir to combine.