

Pasta and Vegetable Salad

Ingredients:

12 ounces Kamut spirals
 ¼ tsp. salt
 ¼ tsp. black pepper
 3 ½ cups (one head) broccoli florets
 3 tbsp. flax oil
 ¼ cup balsamic vinegar
 2 tablespoons lemon juice
 1 tablespoon Dijon mustard
 1 tablespoon honey
 1 clove garlic, minced
 2 pints cherry tomatoes, halved
 3 oz. pitted kalamata olives, chopped
 ½ cup fresh basil leaves, chopped
 ¼ cup fresh parsley, chopped
 3 cups (1 small head) radicchio, cored and shredded



Nutrition Facts

Serving Size 1 cup (227g)
 Servings Per Container 6

Amount Per Serving

Calories 280 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 37g **12%**

Dietary Fiber 7g **28%**

Sugars 8g

Protein 9g

Vitamin A 45% • Vitamin C 90%

Calcium 4% • Iron 6%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Bring 4 quarts water to a boil in a large pot, add pasta and salt, and cook until pasta is al dente, 9 to 10 minutes. Add broccoli and continue to cook until the pasta is tender, 1 minute longer. Drain and set aside.
2. Meanwhile, whisk oil, vinegar, lemon juice, mustard, honey, and garlic in a large bowl; add ¼ teaspoon salt and ¼ teaspoon pepper.
3. Add drained pasta and broccoli and stir to coat with dressing. Let cool. Mix in tomatoes, olives, basil, parsley, and radicchio; stir to combine. Season with salt to taste.