

A to Z Pasta Salad

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bunch asparagus sliced into 1 1/2-inch pieces
- 8 ounces cherry tomatoes halved
- 1 tablespoon apple cider vinegar
- 8 ounces extra tofu (NOT silken)
- 2 tablespoons herbs: rosemary fresh (I used basil, oregano, and parsley)
- 1 clove garlic crushed
- 8 servings salad dressing fat-free italian to taste your favorite
- 2 tablespoons soy sauce light

- 8 servings olives black sliced
- 8 servings salt and pepper fresh to taste
- 1 pound rotini pasta gluten-free (use rice pasta, if necessary)
- 1 tablespoon water
- 0.5 bell pepper red yellow chopped
- 2 medium zucchini halved lengthwise cut into 1/2-inch slices

Equipment

- bowl
- baking sheet
- paper towels
- oven
- pot
- ziploc bags
- slotted spoon
- colander

Directions

- Cut the tofu into 1/2-inch slices, and press each one gently between paper towels to remove excess moisture.
- Cut each slice into half-inch cubes.
- Mix up a marinade of the soy sauce, cider vinegar, water, and garlic.
- Put the tofu into a bowl or zip-lock plastic bag and pour the marinade over it. Allow it to marinate for at least an hour, up to overnight, turning or stirring the tofu once in a while to make sure it all gets covered. Preheat oven to 375 F.
- Remove the tofu from the marinade (discarding the marinade and garlic) and place it on an oiled or parchment-covered baking sheet.
- Bake for 10 minutes, and then turn and bake for 10 more. Edges should be just beginning to brown.

- Place the tofu cubes in a large serving bowl and toss with a little Italian dressing. Meanwhile, bring a large pot of water to a boil. (Add a small amount of salt, if you want.) Once it boils, drop the asparagus and zucchini pieces into it and blanch for exactly 1 1/2 minutes.
- Remove them with a slotted spoon into a bowl filled with cold water. Once they have cooled, add them to the tofu. Use the same pot of boiling water to cook the pasta according to package directions. Once it reaches the al dente stage, drain it in a colander and rinse it with cold water. (Be careful not to overcook; you want it to still have some "bite" to it so that it won't fall apart in the salad.)
- Drain it well and add it to the tofu and vegetables.
- Add the yellow or red pepper, tomatoes, and herbs and toss with enough salad dressing to coat but not drown the pasta.
- Add salt and fresh pepper to taste, and serve chilled or at room temperature. Makes enough for a crowd!

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:17.67, Inflammation Score:-8, Nutrition Score:18.256521909133%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 352.77kcal (17.64%), Fat: 10.65g (16.39%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 52.81g (17.6%), Net Carbohydrates: 48.2g (17.53%), Sugar: 8.32g (9.25%), Cholesterol: 0mg (0%), Sodium: 1065.73mg (46.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.02%), Vitamin K: 59.09µg (56.27%), Selenium: 38.21µg (54.58%), Manganese: 0.78mg (38.89%), Vitamin C: 29.46mg (35.71%), Vitamin A: 1067.7IU (21.35%), Copper: 0.41mg (20.7%), Phosphorus: 205.41mg (20.54%), Fiber: 4.61g (18.42%), Iron: 3.04mg (16.87%), Vitamin E: 2.42mg (16.11%), Magnesium: 63.96mg (15.99%), Potassium: 539.02mg (15.4%), Folate: 61.26µg (15.32%), Vitamin B6: 0.3mg (14.87%), Vitamin B1: 0.2mg (13.61%), Vitamin B3: 2.3mg (11.51%), Vitamin B2: 0.19mg (11.25%), Zinc: 1.55mg (10.35%),

Calcium: 62.98mg (6.3%), Vitamin B5: 0.59mg (5.86%)