



Grilled Vegetable-Pesto Pasta Salad

READY IN



42 min.

SERVINGS



20

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15.5 oz .5 can cannellini beans drained and rinsed canned
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup pecorino cheese grated
- ☐ 0.8 cup container pesto refrigerated
- ☐ 1 bell pepper red 1-inch-thick seeded cut into slices
- ☐ 1 onion red cut into 3/4-inch-thick slices
- ☐ 20 servings salt and pepper

- ☐ 3 cups whole-grain farfalle
- ☐ 1 baby squash yellow cut into 1/2-inch-wide pieces
- ☐ 1 zucchini cut lengthwise into 1/2-inch-wide pieces

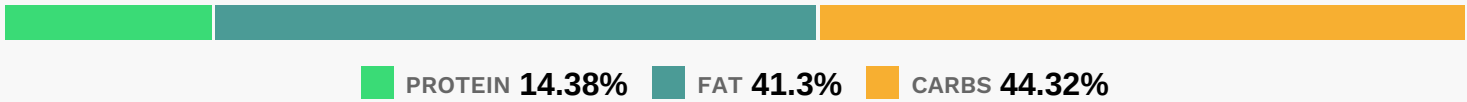
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill

Directions

- ☐ Preheat grill to medium heat (300F to 350F). In a large bowl, toss zucchini, squash, bell pepper, onion and Italian seasoning with 1 Tbsp. olive oil. Lightly brush grill rack with oil. Grill vegetables, covered, until lightly charred in spots but still crisp-tender, 4 to 6 minutes on each side.
- ☐ Remove vegetables, let cool and chop. Cover and set aside.
- ☐ Bring a pot of salted water to a boil. Cook pasta until al dente, about 10 minutes or as package label directs.
- ☐ Drain.
- ☐ Toss pasta, vegetables, beans, pesto, cheese, 1/2 tsp. salt and 1/2 tsp. pepper to combine. Cover and refrigerate until thoroughly chilled, at least 2 hours.
- ☐ Drizzle with remaining olive oil and lemon juice just before serving.

Nutrition Facts



Properties

Glycemic Index:8.45, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:6.1665217273909%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg,

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 122.22kcal (6.11%), Fat: 5.79g (8.91%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 12.24g (4.45%), Sugar: 1.35g (1.5%), Cholesterol: 3.34mg (1.11%), Sodium: 314.1mg (13.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Manganese: 0.45mg (22.5%), Vitamin C: 11.74mg (14.23%), Selenium: 7.37µg (10.53%), Vitamin A: 427.77IU (8.56%), Magnesium: 30.52mg (7.63%), Folate: 29.3µg (7.33%), Phosphorus: 73.23mg (7.32%), Iron: 1.27mg (7.04%), Calcium: 70.1mg (7.01%), Fiber: 1.74g (6.94%), Potassium: 197.06mg (5.63%), Vitamin B1: 0.08mg (5.43%), Copper: 0.11mg (5.39%), Vitamin B6: 0.1mg (5.14%), Zinc: 0.62mg (4.1%), Vitamin K: 4.12µg (3.92%), Vitamin E: 0.55mg (3.64%), Vitamin B2: 0.06mg (3.61%), Vitamin B3: 0.66mg (3.29%), Vitamin B5: 0.2mg (2.04%)