



# Grilled Yellow Squash and Zucchini Pasta Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



2334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 tsp pepper black freshly ground
- 2 tablespoons champagne vinegar
- 16 ounces farfalle pasta (bowtie)
- 0.3 cup kalamata olives pitted chopped
- 0.5 cup olive oil divided
- 2 tablespoons oregano fresh chopped
- 0.3 cup pinenuts toasted

- 1 serving salt
- 1 pound to 3 sized squashes yellow cut into 1-in. chunks (crookneck)
- 1 pound zucchini halved lengthwise cut into 1-in. chunks

## Equipment

- bowl
- baking sheet
- whisk
- pot
- grill
- skewers
- metal skewers

## Directions

- Cook pasta in a large pot of boiling salted water until tender to the bite, 9 to 12 minutes or according to package directions.
- Drain and rinse thoroughly under cold water until completely cool (see Notes).
- Prepare a gas or charcoal grill for medium heat (you can hold your hand 5 in. above cooking grate only 5 to 7 seconds). Thread squash and zucchini chunks onto 10- to 12-in. metal skewers and place on a baking sheet.
- Brush vegetables with 1/4 to 1/3 cup olive oil on all sides and sprinkle with salt to taste.
- Transfer to grill and cook 10 to 15 minutes, turning occasionally, or until vegetables are very tender.
- Meanwhile, whisk together remaining olive oil, the vinegar, and 1/2 tsp. pepper in a small bowl.
- With a fork, push vegetables off skewers back onto baking sheet and toss them in oil left there. In a large bowl, toss together pasta, vegetables, oregano, pine nuts, and olives.
- Add dressing and salt and pepper to taste; toss.
- Serve warm or cold.

## Nutrition Facts



■ PROTEIN 12.88% ■ FAT 22.62% ■ CARBS 64.5%

## Properties

Glycemic Index:126, Glycemic Load:141.11, Inflammation Score:-10, Nutrition Score:72.619565051535%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

## Nutrients (% of daily need)

Calories: 2334.24kcal (116.71%), Fat: 59.43g (91.43%), Saturated Fat: 7.33g (45.79%), Carbohydrates: 381.33g (127.11%), Net Carbohydrates: 350.42g (127.43%), Sugar: 35.24g (39.15%), Cholesterol: 0mg (0%), Sodium: 799.07mg (34.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.11g (152.23%), Manganese: 9.37mg (468.38%), Selenium: 289.52µg (413.61%), Vitamin C: 158.95mg (192.67%), Phosphorus: 1416.21mg (141.62%), Magnesium: 517.5mg (129.38%), Vitamin B6: 2.52mg (126.09%), Fiber: 30.91g (123.62%), Vitamin K: 129.04µg (122.9%), Copper: 2.35mg (117.42%), Potassium: 3750.71mg (107.16%), Folate: 358.41µg (89.6%), Vitamin B2: 1.48mg (86.84%), Iron: 15.23mg (84.61%), Zinc: 11.64mg (77.62%), Vitamin E: 10.97mg (73.13%), Vitamin B3: 14mg (70.01%), Vitamin B1: 0.98mg (65.25%), Vitamin A: 2132.36IU (42.65%), Calcium: 425.08mg (42.51%), Vitamin B5: 3.8mg (38.03%)