



Roasted Asparagus and Tomato Penne Salad with Goat Cheese

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 asparagus
- ☐ 2 cups baby arugula
- ☐ 0.5 teaspoon pepper black divided
- ☐ 12 cherry tomatoes
- ☐ 1 tablespoon dijon mustard
- ☐ 2 ounces goat cheese crumbled
- ☐ 1 teaspoon herbs de provence dried

- ☐ 1.5 teaspoons honey
- ☐ 0.5 cup kalamata olives pitted halved
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups mostaccioli pasta (tube-shaped uncooked)
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 tablespoon shallots minced

Equipment

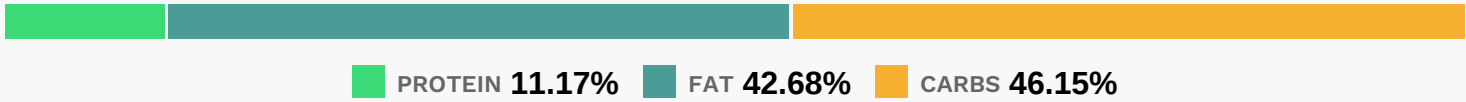
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Cook pasta according to package directions, omitting salt and fat; drain and set aside.
- ☐ Place asparagus and tomatoes on a jelly-roll pan.
- ☐ Drizzle with 1 tablespoon olive oil; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Toss gently to coat; arrange asparagus and tomato mixture in a single layer.
- ☐ Bake at 400 for 6 minutes or until asparagus is crisp-tender.
- ☐ Remove asparagus from pan.
- ☐ Place pan back in oven, and bake tomatoes an additional 4 minutes.
- ☐ Remove tomatoes from pan; let asparagus and tomatoes stand 10 minutes.
- ☐ Cut asparagus into 1-inch lengths; halve tomatoes.
- ☐ Combine shallots and the next 4 ingredients (through honey) in a small bowl, stirring with a whisk. Gradually add remaining 3 tablespoons oil, stirring constantly with a whisk. Stir in remaining 1/8 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Place pasta, asparagus, tomato, olives, and arugula in a large bowl; toss.

- ☐ Drizzle juice mixture over pasta mixture; toss.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:63.07, Glycemic Load:18.5, Inflammation Score:-8, Nutrition Score:16.932608689951%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 3.17mg, Isorhamnetin: 3.17mg, Isorhamnetin: 3.17mg, Isorhamnetin: 3.17mg Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 430.65kcal (21.53%), Fat: 20.77g (31.96%), Saturated Fat: 4.55g (28.47%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 46.23g (16.81%), Sugar: 6.7g (7.44%), Cholesterol: 6.52mg (2.17%), Sodium: 588.27mg (25.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.47%), Selenium: 38.85µg (55.49%), Vitamin K: 46.04µg (43.85%), Manganese: 0.77mg (38.48%), Vitamin E: 3.66mg (24.43%), Vitamin C: 19.07mg (23.12%), Copper: 0.44mg (21.8%), Vitamin A: 1076.39IU (21.53%), Phosphorus: 194.87mg (19.49%), Iron: 3.12mg (17.35%), Fiber: 4.31g (17.23%), Folate: 57.01µg (14.25%), Magnesium: 53.76mg (13.44%), Potassium: 409.86mg (11.71%), Vitamin B6: 0.23mg (11.46%), Vitamin B1: 0.17mg (11.16%), Vitamin B2: 0.18mg (10.76%), Vitamin B3: 1.88mg (9.4%), Zinc: 1.37mg (9.14%), Calcium: 83.56mg (8.36%), Vitamin B5: 0.62mg (6.17%)