



Roasted-Vegetable Pasta Salad with Grilled Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



473 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 cup julienne-cut bell pepper red (3 x)
- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 cups julienne-cut carrot (3 x)
- ☐ 16 cherry tomatoes halved
- ☐ 8 cups ziti tube-shaped cooked uncooked (6 cups short pasta)
- ☐ 1.5 teaspoons dijon mustard

- ☐ 0.5 teaspoon basil dried
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion vertically sliced
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 16 ounce skinned
- ☐ 1.5 cups julienne-cut squash yellow (3 x)
- ☐ 1 cup julienne-cut zucchini (3 x)

Equipment

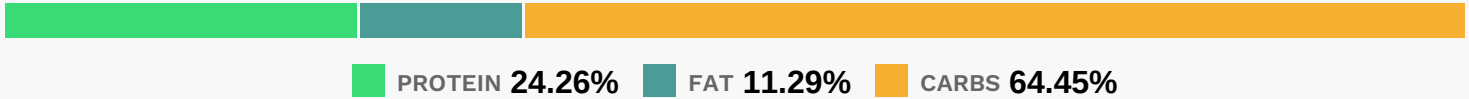
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Preheat oven to 450
- ☐ To prepare vegetables, combine squash and next 5 ingredients (squash through oil) in a roasting pan; toss gently to coat.
- ☐ Bake at 450 for 20 minutes.
- ☐ To prepare chicken, sprinkle chicken with dried basil and oregano.
- ☐ Prepare grill.
- ☐ Place chicken on a grill rack coated with cooking spray; cook chicken 4 minutes on each side or until chicken is done. Cool; cut into 1/4-inch-wide strips.

- ☐ To prepare vinaigrette, combine vinegar and next 6 ingredients (vinegar through garlic); stir with a whisk.
- ☐ Combine the roasted vegetables, chicken, vinaigrette, pasta, fresh basil, and tomatoes in a large bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:63.64, Glycemic Load:26.76, Inflammation Score:-10, Nutrition Score:29.7530433406%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 473.18kcal (23.66%), Fat: 5.9g (9.08%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 75.8g (25.27%), Net Carbohydrates: 70.06g (25.48%), Sugar: 9.87g (10.96%), Cholesterol: 48.38mg (16.13%), Sodium: 525.15mg (22.83%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 28.54g (57.07%), Vitamin A: 9279.81IU (185.6%), Selenium: 75.9µg (108.43%), Vitamin C: 61.85mg (74.96%), Manganese: 1.06mg (53.23%), Vitamin B3: 10.57mg (52.87%), Vitamin B6: 0.96mg (48.01%), Phosphorus: 371.5mg (37.15%), Potassium: 944.47mg (26.98%), Magnesium: 94.83mg (23.71%), Fiber: 5.73g (22.94%), Vitamin B5: 1.87mg (18.72%), Copper: 0.36mg (18.1%), Folate: 62.54µg (15.64%), Vitamin B1: 0.23mg (15.38%), Iron: 2.49mg (13.82%), Vitamin K: 14.42µg (13.73%), Vitamin E: 1.99mg (13.26%), Zinc: 1.97mg (13.1%), Vitamin B2: 0.21mg (12.31%), Calcium: 73.86mg (7.39%), Vitamin B12: 0.15µg (2.52%)