



Warm Pasta Salad with Roasted Corn and Poblanos

READY IN



45 min.

SERVINGS



6

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings cilantro leaves fresh
- ☐ 4 ears corn fresh
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno fresh
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons oregano fresh chopped

- ☐ 1 lb poblano pepper
- ☐ 0.3 cup pumpkin seeds green hulled ()
- ☐ 1.5 cups pecorino fresh crumbled (Mexican cheese)
- ☐ 12 oz .5 oz. macaroni
- ☐ 2 lb tomatoes coarsely chopped
- ☐ 1 large onion white cut into 1/2-inch-thick rounds

Equipment

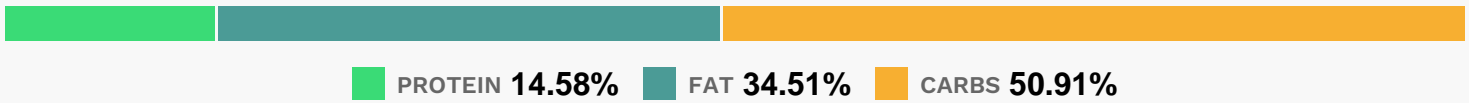
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Lay chiles on their sides on a metal rack set over grates of gas burners set on moderately high. (Or broil chiles on rack of a broiler pan about 2 inches from heat.) Roast chiles, turning them with tongs, until skins are blackened, 5 to 8 minutes. 3
- ☐ Transfer chiles to a bowl, then cover and let steam 10 minutes.
- ☐ Peel poblanos and discard seeds and ribs, then coarsely chop. Peel jalapeño and chop with seeds (omit seeds if you want a less spicy salad).
- ☐ Transfer chiles to a large serving bowl and stir in tomatoes and herbs.
- ☐ Toast pumpkin seeds in a dry well-seasoned 9- to 10-inch cast-iron skillet over moderate heat, stirring, until puffed and lightly browned, 2 to 3 minutes (seeds will pop as they puff).
- ☐ Transfer seeds to a small bowl.
- ☐ Add half of corn to skillet and dry-roast over moderate heat, stirring frequently, until browned in spots, 4 to 5 minutes.
- ☐ Transfer to tomato mixture and cook remaining corn in same manner, adding it to tomato mixture.

- ☐
- Add onion to skillet and dry-roast, turning frequently, until browned but still slightly crisp.
- ☐
- Transfer to a cutting board and coarsely chop. Stir into corn mixture.
- ☐
- Cook garlic and cumin in oil in skillet over moderate heat, stirring, until fragrant, about 30 seconds. Stir into corn mixture and season vegetables with salt and pepper.
- ☐
- Cook pasta in a large pot of boiling salted water until al dente, then drain.
- ☐
- Add pasta to corn mixture and toss. Season with salt and sprinkle with pumpkin seeds and cheese.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:3.02, Inflammation Score:-10, Nutrition Score:28.326521782771%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.61mg, Luteolin: 3.61mg, Luteolin: 3.61mg, Luteolin: 3.61mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 532.44kcal (26.62%), Fat: 21.11g (32.48%), Saturated Fat: 7.19g (44.93%), Carbohydrates: 70.07g (23.36%), Net Carbohydrates: 62.12g (22.59%), Sugar: 12.56g (13.96%), Cholesterol: 31.62mg (10.54%), Sodium: 77.36mg (3.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.15%), Vitamin C: 90.87mg (110.15%), Selenium: 46µg (65.71%), Manganese: 1.24mg (62.2%), Vitamin A: 2016.15IU (40.32%), Vitamin K: 40.98µg (39.02%), Phosphorus: 369.4mg (36.94%), Fiber: 7.95g (31.81%), Magnesium: 115.57mg (28.89%), Potassium: 960.01mg (27.43%), Vitamin B6: 0.54mg (27.23%), Calcium: 217.78mg (21.78%), Folate: 86.68µg (21.67%), Copper: 0.43mg (21.53%), Vitamin E: 3.21mg (21.37%), Iron: 3.54mg (19.68%), Vitamin B1: 0.28mg (18.86%), Vitamin B3: 3.73mg (18.66%), Zinc: 2.58mg (17.17%), Vitamin B2: 0.27mg (15.76%), Vitamin B5: 1.11mg (11.14%), Vitamin B12: 0.21µg (3.51%)