

Summer Vegetable Pasta Salad

This simple recipe is light and fresh for any backyard BBQ or family get together. The Summer Vegetable Pasta Salad pairs well with burgers, hot dogs, and chicken but could also be eaten by itself. Enjoy!

Yields: 8 portions

Serving Size: 1.5 cups

Ingredients:

Vinaigrette

- 1/2 cup **olive oil**
- 1/3 cup **red wine vinegar**
- 1 Tbsp **Dijon mustard**
- 1 tsp **dried oregano**
- 1 **clove garlic**, minced
- 3/4 tsp **salt**
- 1/4 tsp **freshly cracked black pepper**

Salad

- 12 oz. **bowtie pasta**
- 2 **Roma tomatoes**
- 1 **yellow squash**
- 1 **zucchini**
- 1 **broccoli crown**
- 1/2 **red onion**
- 1 12oz. jar **roasted red peppers** (optional)
- 1/2 cup chopped **parsley**

Instructions:

1. Make the vinaigrette first. Whisk together the olive oil, red wine vinegar, Dijon, oregano, minced garlic, salt, and pepper. Set the dressing aside.
2. Cook the bowtie pasta according to the package directions (boil 7-10 minutes or until tender), then drain in a colander. Rinse briefly to cool the pasta, then let it drain well.
3. While the pasta is cooking and draining, prepare the vegetables. Chop the tomatoes, squash, zucchini, broccoli, and parsley. Slice the red onion and roasted red peppers (drained), if you decide to add them.
4. Place the pasta and chopped vegetables in the largest bowl you have. Give the vinaigrette a brief whisk, then pour it over the salad. Stir the pasta and vegetables until everything is coated in dressing. Give it a taste and add salt or pepper, if needed. Serve immediately or refrigerate until ready to eat.

Per Serving: Calories 330 kcal, Carbohydrates 42 g, Protein 9 g, Saturated Fat 2.2 g, Sodium 856 mg, Fiber 5 g, Sugars 4.6 g
This recipe was adapted from Beth Budget-Bytes.