

Spring Pasta Salad

12 oz. Farfalle Pasta (4 C. Cooked)	1 t. Dijon Mustard
2½ C. Broccoli Florets	4 T. Olive Oil
2 C. Asparagus, chopped in 1-2 inch pieces	2 T. Capers, coarsely chopped
1½ C. Green Beans, halved	½ t. Salt
½ C. Red Onion, thinly sliced	1/8 t. Pepper
1/3 C. Lemon Juice, freshly squeezed	

Bring a large pot of water to a boil, and cook pasta per package directions. Add broccoli, asparagus, and green beans to the pot about 3 minutes before pasta is scheduled to be done. Once the veggies are bright green, drain the pasta and veggies.

While the pasta is boiling, add lemon juice, dijon mustard, salt, and pepper to a large bowl. Mix to combine. Slowly drizzle in the olive oil while whisking to create your dressing for the pasta. Add in the capers and onions. When the pasta and veggies have finished cooking and are drained, add to the dressing mixture, and toss. Cover and refrigerate until ready to serve.

Serves 6

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Nutritional Information

Serving size: About 1½ – 2 cups
Servings per recipe: 6

Calories: 262
Total Fat: 10.2g
Saturated Fat: 1.2g
Sodium: 232.3mg
Carbohydrates: 37.1g
Fiber: 4.3g
Sugars: 4.7g
Protein: 6.9g