

Lentil Pasta Salad with Tomato Herb Dressing



Makes:

8

Utensil:

Saladmaster Food Processor
10 Qt./9.5 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket

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Recipe Description:

Craving pasta salad? Try swapping out refined white flour pasta, high on the glycemic index with newer varieties of Legume and bean based pastas. These pasta's are high in protein and fiber content. Add in lots of low carbohydrate vegetables. Cook your pasta al dente, which literally means "to the tooth". Overcooked pasta is higher on the glycemic scale.

Pasta Salad

4

cups

green lentil penne

(250

g)

4

cups

broccoli, cut into small florets

(160

g)

3

carrots, trimmed and scrubbed, strung. Use Cone #2

2

zucchini, ends trimmed, cut in ¹/₂ length wise, sliced. Use Cone #4.

¹/₄

cups

red onion, minced

(40

g)

Tomato Herb Dressing

2

cups

tomato, ripe, chopped into small pieces along with juices

(360

g)

2

tbsp

balsamic vinegar

(32

g)

2

tbsp

raw apple cider vinegar

(32

g)

2

tsp

basil, dry

(1

g)

1

tsp

garlic powder

(3

g)

1

tsp

salt

(6

g)

¹/₂

cup

parsley leaves, chopped

(30

g)

Directions:

1. Fill 10 quart roaster $\frac{3}{4}$ way full with water, place culinary basket in 10 quart roaster and turn heat to medium-high. Bring water to a rolling boil.
2. Add a pinch of salt to boiling water. Slowly pour pasta into boiling water and stir with spoon.
3. Cook pasta according to package directions. Add broccoli pieces to cooking pasta in last 2 minutes of cooking, stir gently. Adjust heat as needed to prevent water from boiling over.
4. When pasta is cooked, turn off heat. Place large stainless steel mixing bowl next to the roaster. Attach handles to culinary basket and carefully lift basket out of roaster. Shake basket gently to drain excess water. Place culinary basket in bowl and bring to the sink.
5. Rinse cooked pasta and broccoli under cool running water, shake off excess water and pour into large mixing bowl.
6. Process carrots, zucchini and red onion into bowl with pasta and broccoli, stir gently to combine.
7. Combine all of the tomato herb dressing ingredients in a small mixing bowl and stir to combine.
8. Pour dressing over pasta and vegetables and toss to incorporate. Taste and add extra seasonings as desired.
9. Serve pasta as is or over salad greens or baby spinach.

Tips:

- Substitute lentil penne for garbanzo bean pasta
- Substitute broccoli for green beans or snow peas

Nutritional Information per Serving

Calories:

248

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

331mg

Total Carbs:

50g

Dietary Fiber:

4g

Sugar:

4g

Protein:

14g