

Roasted Fennel Rainbow Pasta Salad

This recipe is extremely versatile and can be used as a general guide. You can swap in any vegetables you would like based on personal preferences.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	15 MIN	45 MIN

INGREDIENTS

For the Pasta Salad:

8 oz	Whole Grain Pasta of choice, cooked
1 each	Medium Fennel Bulb, sliced
1 Tbsp	Extra Virgin Olive Oil
¼ tsp	Kosher Salt
To taste	Black Pepper, freshly ground
½ pint	Grape Tomatoes, halved
½ each	Cucumber, diced
1 each	Broccoli Crown, chopped
1 each	Yellow Bell Pepper, chopped
1 each	Carrot, medium, sliced
¼ each	Red Onion, diced
½ cup	Feta cheese, crumbled

For the Vinaigrette:

¼ cup	Extra Virgin Olive Oil
1 each	Lemon, zested & juiced
1 clove	Garlic, minced
¼ tsp	Dill, finely chopped
¼ tsp	Fennel Fronds, finely chopped
½ tsp	Italian Seasoning, dried
1/8 tsp	Kosher Salt
To taste	Black Pepper, freshly ground



CHEF'S NOTES

Never tried fennel before? When eaten raw, fennel has an anise or black licorice flavor. In this recipe, we roast the fennel bulb to create a milder, sweeter flavor. The fennel fronds (found on top of the bulb and resembling dill) are milder and are used in the vinaigrette to provide just a hint of anise flavor.

Including color and variety in your meals is an easy way to help meet your nutritional needs. Colorful foods tend to be great sources of fiber, vitamins, minerals, and antioxidants which have shown to be helpful in the prevention of many conditions, such as heart disease, hypertension, and different types of cancers.

Try adding beans, chickpeas, baked tofu, diced chicken or shrimp to this salad for added protein.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 475°F.
2. Cook pasta according to package instructions; drain and rinse with cold water. Place in large bowl and set aside to chill.
3. While pasta is cooking, place sliced fennel bulb on a lined baking sheet, drizzle with 1 Tbsp oil and season with ¼ tsp salt and pepper to taste. Toss to coat evenly then spread in an even layer. Roast in oven for 20 minutes, or until softened and the edges have browned. Turn halfway through baking.

4. Meanwhile, make the vinaigrette by combining the extra virgin olive oil, lemon juice and zest, minced garlic, herbs, 1/8 tsp salt, and pepper to taste in a small bowl. Whisk until combined. Alternatively, place all dressing ingredients in a jar or container with a lid and shake to mix.
5. Add the roasted fennel, chopped vegetables, and crumbled feta to the reserved pasta. Pour vinaigrette over pasta and vegetables and toss until fully coated.
6. Cover and chill for at least 30 minutes to allow flavors to blend. Toss again before serving.

Nutrition Facts

6 servings per container

Serving Size 2 cups (200 g)

Amount per serving

Calories 320

% Daily Value *

Total Fat 17g 22%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 380mg 16%

Total Carbohydrate 36g 13%

Dietary Fiber 6g 20%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 10g 19%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.51mg 3%

Potassium 300mg 7%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

