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.

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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.

Directions Continued and Nutrition Facts Found on the Reverse Side
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.