

# Chimichurri Pasta Salad

Serves 8



## Ingredients:

For the chimichurri sauce:

- ½ cup red wine vinegar
- ½ teaspoon kosher salt
- 3 garlic cloves, peeled and smashed
- ¼ red onion, roughly chopped
- 1 teaspoon red pepper flakes
- ½ cup fresh cilantro
- ½ cup fresh flat-leaf parsley, stems removed
- 1 Tablespoon dried oregano
- ¾ cup extra-virgin olive oil

For the pasta salad:

- 16 ounces pasta (rotini, bowties, penne, etc.)
- 1 red onion (reserve ¼ for chimichurri), thinly sliced or finely diced
- 1 bell pepper, any color, diced
- 2 cups baby spinach, roughly chopped
- 1 pint cherry or grape tomatoes, halved or quartered
- ½ cup parsley, chopped
- 2 small zucchini, diced or quartered and thinly sliced
- 1 15.5-ounce can white beans, drained and rinsed

Chimichurri Pasta Salad		
Nutrition Facts		
Serving Size	1 x 8 Serving	
Amount Per Serving		
<b>Calories</b>	<b>349.6</b>	
% Daily Value*		
<b>Total Fat</b>	11.5 g	15 %
Saturated Fat	1.6 g	8 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	101.2 mg	4 %
<b>Total Carbohydrate</b>	51.7 g	19 %
Dietary Fiber	4.7 g	17 %
Total Sugars	5.1 g	
Added Sugars	0 g	0 %
<b>Protein</b>	10.1 g	
Vitamin D	0 mcg	0 %
Calcium	52.9 mg	4 %
Iron	3.3 mg	18 %
Potassium	501.6 mg	11 %
* 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.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

## Instructions:

1. For the chimichurri, place all of the ingredients into a blender, food processor, or a container with high sides if using an immersion blender. Blend well or until sauce reaches desired texture. (Alternatively, finely mince herbs and vegetables and stir together.) Taste, season, and set aside.
2. For the pasta salad, cook pasta according to package instructions. Once pasta is cooked to desired texture, drain and rinse in a colander, running cold water over the pasta to stop the cooking process and to cool. Set aside.
3. In a medium to large mixing bowl, combine remaining ingredients. Add the cooled pasta. Stir in chimichurri, starting with ½ cup and adding more, as desired.
4. Store remaining pasta salad or chimichurri in airtight containers in the refrigerator for up to one week.