

Spring Vegetable Pasta Salad

11 ingredients · 30 minutes · 4 servings



Directions

1. Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
2. Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
3. Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

Notes

More Protein

Add roasted chickpeas, grilled tofu, or crumbled tempeh.

Ingredients

- 1 cup Basil Leaves (chopped)
- 2 cups Kale Leaves
- 1 Lemon (juiced)
- 1 Garlic (clove, chopped)
- 1/2 cup Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 cup Sunflower Seeds
- 2 cups Asparagus
- 1 cup Frozen Peas (thawed)
- 1 cup Radishes (sliced into rounds)
- 4 cups Brown Rice Fusilli, Cooked

Nutrition

Amount per serving

Calories	572	Vitamin C	29mg
Fat	38g	Calcium	98mg
Saturated	5g	Iron	4mg
Carbs	57g	Vitamin D	0IU
Fiber	8g	Vitamin B6	0.4mg
Sugar	4g	Folate	125µg
Protein	12g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	100mg
Sodium	349mg	Zinc	3mg
Potassium	499mg	Selenium	30µg

Vitamin A 2415IU