

## Penne Pasta Salad with Asparagus, Arugula and Balsamic Vinaigrette

(Makes 4 servings)

(V) – This recipe is a vegan option recipe!

*Here's an easy dish to try with some of the early spring asparagus that you've been seeing in your produce aisle. This room-temperature salad is perfect for a quick evening meal or for a buffet table. You can double the recipe or make several substitutions. Can't find yellow peppers, use a red. No pine nuts? Try walnuts. This is the time to use your favorite full-bodied extra virgin olive oil and best balsamic vinegar.*

### **Ingredients:**

- 4 ounces whole wheat penne
- 1 pound asparagus, tough ends removed, cut into 2-inch pieces
- 1 yellow bell pepper, seeded and julienned
- 5 ounces baby arugula or mature arugula, stems removed, torn into bite-sized pieces
- 1 cup grape or cherry tomatoes, halved
- 3/4 cup fresh basil, torn
- 1 tablespoon toasted pine nuts
- Balsamic vinaigrette
- 3 tablespoons extra virgin olive oil
- 3 tablespoons aged balsamic vinegar
- 1 garlic clove, minced
- 1 teaspoon minced shallot
- 1 teaspoon Dijon mustard
- 3/4 teaspoon kosher salt, optional
- Freshly ground pepper

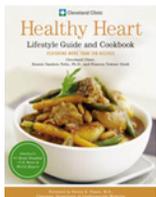
### **Directions:**

- 1) Cook the pasta according to package directions until al dente. Drain and let cool slightly.
- 2) While the pasta is cooking, simmer the asparagus until just crisp-tender, 2 to 3 minutes. Refresh under cold water, pat dry, and place in a large salad bowl. Add the bell pepper, arugula, tomatoes and basil.
- 3) Make the vinaigrette by mixing the oil, vinegar, garlic, shallot, mustard, and 1 tablespoon water in a small cup. Add salt, if using, and pepper and whisk to combine well. Toss the pasta with the vegetables and dress with the vinaigrette. Serve at room temperature, garnished with pine nuts.

### **Nutritional Analysis:** (per serving)

- Calories: 270 (41% calories from fat)
- Total Fat: 13 g
- Saturated Fat: 1.5 g
- Protein: 8 g
- Carbohydrates: 34 g
- Dietary Fiber: 6 g
- Cholesterol: 0 mg
- Sodium: 35 mg
- Potassium: 530 mg

### **Source:**



*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*