

CILANTRO PESTO PASTA SALAD

Cilantro Pesto Pasta Salad

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 12 (Serving= 1 cup)

Nutrition (per serving)

Total Fat: 20 g	Calories: 281
Saturated Fat: 3 g	Total Sugars: 2 g
Sodium: 395 mg	Protein: 13 g
Total Carbohydrate: 14	
Dietary Fiber: 2 g	

Ingredients

Pesto

- 2 cups tightly packed cilantro leaves
- 2 garlic cloves, peeled
- 1/2 cup walnuts, chopped
- 1/2 cup Parmesan cheese, grated
- 2 teaspoons fresh squeezed lemon juice

Salad

- 2 cups halved grape tomatoes
- 2 cups diced zucchini
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3/4 cup of extra-virgin olive oil
- 1/3 cup non-fat plain Greek yogurt
- 1 cup thinly sliced red onion
- 3 cups shredded or diced chicken breast

- 3 cups cooked whole wheat elbow macaroni (choose gluten free for GF version)

Directions

Pesto

1. Add cilantro, garlic, walnuts, Parmesan, lemon juice, salt and pepper to a food processor.
2. Pulse 4 to 5 times until ingredients are roughly chopped.
3. Turn on the food processor, and slowly drizzle in the oil through the lid opening. Process until smooth.
4. Add the yogurt to this mixture and process until well combined.

Salad

1. In a large bowl, combine the rest of the ingredients with the pesto.
2. Gently toss to combine.