



Lentil, Pasta, and Summer Vegetable Salad

Layer each of the seasoned elements of this salad in clear cups or bowls for a striking presentation. Or, toss everything together and serve 1 1/4-cup portions.

Instructions

Cook the Barilla® pasta for 1 minute less than the time indicated on the package. Drain pasta and drizzle with some olive oil to prevent from sticking. Place pasta flat on sheet trays or hotel pans and cool in a blast chiller. Alternatively, cool it down in a walk-in cooler. Store in zip lock bags or sealed plastic container; refrigerate and use within several hours.

Season the lentils with saffron, 3 Tbsp oil, and salt and pepper. Set aside.

Heat 3 Tbsp oil and saute zucchini and garlic until just tender. Season with salt and pepper.

Mix together the tomatoes, 6 Tbsp oil, and basil. Season with salt and pepper.

In clear take-out cups or bowls, layer 1/4 cup lentils, 1/2 cup pasta, 1/4 cup zucchini, and 1/4 cup tomatoes. Top with 1 Tbsp broccoli sprouts. Cover and chill until needed.

Ingredients

- 1 1/2 lb. Barilla Ditalini
- 6 cups cooked lentils
- Pinch saffron
- Salt and pepper
- 6 cups brunoise zucchini
- 3/4 cup olive oil
- 3 cloves garlic, minced
- 6 cups concasse heirloom tomatoes
- Fresh basil, julienned
- 1 1/2 cups broccoli sprouts

Nutritional Info

This information is per serving.

Nutrition Facts

Serving Size 1

Servings Per Container serving

Amount Per Serving

Calories 246

Calories from Fat 72

% Daily Value*

Total Fat 8g

12%

Saturated Fat 1g

5%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 506mg

21%

Total Carbohydrate 36g

12%

Dietary Fiber 6g

24%

Sugars 3g

Protein 9g

18%

Vitamin A 7%

Vitamin C 30%

Calcium 3%

Iron 18%

Allergy Information:

*Percent Daily Values are based on a 2,000 calorie diet.

Please note: for the purpose of the nutritional assessment, total sodium does not include salt added to the cooking water. When salt is listed "as needed" in the ingredient list, 1 tsp total is included in the analysis.