

College of Public Health and Human Sciences

Pesto Pasta Salad

Ingredients:

1 pound whole grain rotini pasta, uncooked
1 pint cherry tomatoes, halved
3 cups baby spinach
1 (15 ounce) can chickpeas, rinsed and drained
8 ounce ball fresh mozzarella, cubed
Salt and pepper to taste
Grated parmesan cheese, for topping

Pesto:

¼ cup pumpkin seeds, lightly toasted in skillet
½ cup packed fresh basil leaves
¼ cup packed fresh parsley leaves
¼ cup lemon juice (about 2 lemons)
1 clove garlic, roughly chopped
½ teaspoon salt
1/3 cup olive oil

Directions:

Cook pasta according to package. In a large bowl, combine pasta, cherry tomatoes, spinach, chickpeas, and mozzarella. Pour toasted pepitas into food processor and add basil, parsley, lemon juice, garlic, and salt. Process while slowly drizzling in olive oil until smooth. Pour pesto sauce over salad, tossing to combine. Season with salt and pepper to taste and top with parmesan.

Recipe adapted from cookieandkate.com



Oregon State
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Nutrition Facts

12 servings per recipe	
Serving size	1 cup
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 2mg	10%
Potassium 79mg	2%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

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