

Whole Wheat Rotini Pasta Salad

Jacob · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

6

Description

This light wholewheat rotini pasta salad with carrots asparagus tomatoes and green onions is fabulous It gets better the longer it marinates so dont be afraid to prepare it ahead of time and stick it in the refrigerator for a few hours

Ingredients

- - 1 (12 ounce) box whole wheat rotini pasta - ¼ cup apple cider vinegar - ¼ cup olive oil - ¼ cup crumbled feta cheese
- or to taste - 6 leaves fresh basil
- chopped - salt and ground black pepper to taste - 3 tomatoes
- chopped - 2 large carrots
- chopped - 1 bunch asparagus
- trimmed and chopped - 1 bunch green onions - 4 cloves garlic
- minced

Instructions

1. Bring a large pot of lightly salted water to a boil; cook rotini at a boil until tender yet slightly firm to the bite
2. about 8 minutes. Rinse rotini with cold water until completely chilled; drain completely. While rotini cooks
3. whisk apple cider vinegar and olive oil together in a large bowl until blended. Stir in feta cheese
4. basil
5. salt
6. and black pepper . Toss tomatoes
7. carrots
8. asparagus
9. green onions
10. and garlic in feta vinaigrette to evenly coat. Stir cooled pasta into vegetable mixture; toss until evenly combined. Editor's Note: Please note that the magazine version of this recipe includes additional time for chilling and differences in ingredient amounts.