

# Acorn Squash Pasta Salad



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

Scan for interactive recipe

**Serves:** 8

**Prep:** 10 minutes | **Cook:** 50 minutes

## INGREDIENTS

- 1/4 cup vinegar
- 1 tablespoon yellow mustard
- Salt and pepper, to taste
- 1/2 cup oil
- 2 cups short pasta (like orzo, rotini or macaroni)
- 1 (15 ounce) can black beans, drained and rinsed
- 1 acorn squash, diced
- 1/2 onion, diced
- 1/2 red bell pepper, diced
- 1/2 green bell pepper, diced
- 1 tablespoon Italian seasoning

## DIRECTIONS

1. In a mixing bowl, whisk together the vinegar, mustard, black pepper and salt. Add oil in a thin stream while whisking constantly, until all of the oil has been added.
2. Fill a large pot  $\frac{3}{4}$  full of water. Bring the to a boil and cook pasta following the package instructions. Strain the pasta and rinse with cold water.
3. Heat 2 tablespoons of oil in a large sauté pan over medium heat. Add squash, stir, and cook for 2 minutes. Then add the onions, stir, and cook for 2 more minutes. Add bell peppers, stir, and cook for 2 more minutes. Add Italian seasoning, stir and remove from heat.
4. Combine the vinaigrette and cooked vegetables. Add the pasta and  $\frac{1}{2}$  teaspoon of salt, mix well. Allow to sit for 30 minutes and strain the excess vinaigrette.



## Nutrition Information

*Serving size: 1/2 cup with olive oil*

<b>Calories</b>	<b>420</b>
<b>Total fat</b>	<b>20.5 g</b>
Saturated fat	2.7 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>322 mg</b>
<b>Carbohydrates</b>	<b>50.2 g</b>
Fiber	7.4 g
Sugars	4.7 g
<b>Protein</b>	<b>10.8 g</b>

Recipe source: Greater Chicago Food Depository