Acorn Squash Pasta Salad

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Serves: 8
Prep: 10 minutes | Cook: 50 minutes

INGREDIENTS
- 1/4 cup vinegar
- 1 tablespoon yellow mustard
- Salt and pepper, to taste
- ½ cup oil
- 2 cups short pasta (like orzo, rotini or macaroni)
- 1 (15 ounce) can black beans, drained and rinsed
- 1 acorn squash, diced
- ½ onion, diced
- ½ red bell pepper, diced
- ½ 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 ¾ 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 ½ teaspoon of salt, mix well. Allow to sit for 30 minutes and strain the excess vinaigrette.

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Recipe source: Greater Chicago Food Depository

Nutrition Information
Serving size: 1/2 cup with olive oil

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