

SUNNY LEMON HERB TORTELLINI SALAD



I do love me a classic, creamy pasta salad. But, sometimes it just feels too heavy for a hot summer day. And, trying to meet your carb needs (hello, brain and muscle energy!) with a classic pasta salad likely means getting in more fats than are needed in a balanced meal.

Enter this not-heavy, ultra-herby, lemon-spiked pasta salad bursting with fresh, sunny flavor and featuring very delicious cheese-stuffed tortellini. Because why use regular pasta when your pasta can have cheese inside, right? Enjoy right away, or keep in the fridge for upcoming meals. Future you will definitely thank you.

Balanced meal idea: place a few big spoonfuls of this salad over some greens along with a handful of diced grilled chicken.

total prep time: 30 minutes | servings: 4-6 | vegetarian

INGREDIENTS

3 cups dried/uncooked cheese tortellini

1/3 cup minced parsley or basil
1/4 cup grated parmesan or other hard cheese like pecorino
3 tbs extra virgin olive oil
1 tbs lemon zest
1 tbs lemon juice
1 tbs water
1-1/2 tsp black pepper
1 tsp garlic, grated or minced
3/4 tsp kosher/flaky salt

1 cup tomatoes, diced
1 cup red pepper, small diced
1/3 cup shaved parmesan or other hard cheese like pecorino

DIRECTIONS

Fill a large pot 3/4 full with water, cover and place over high heat on the stove to bring to a boil. (Add a big pinch of salt to the water if desired) Add the tortellini and cook according to package instructions until just done. Avoid over cooking or else you will have mushy salad. Immediately pour into a colander in the sink and run cold water over the pasta to chill.

Make the lemon herb sauce while the tortellini is cooking:
Place all ingredients in a large bowl and mix well until evenly combined.

Add the tomatoes, peppers, shaved cheese and chilled tortellini to the bowl with the herb sauce. Gently mix to evenly combine. Enjoy!

Notes: Any kind of tomatoes can be used for this recipe. Orange or yellow peppers could be used instead of red. Add a pinch or two of chili flakes to add some heat if desired. Store any leftovers covered in the fridge for up to 5 days.