

# CILANTRO PESTO PASTA SALAD

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

Serves: 12 (Serving= 1 cup)

## Nutrition (per serving)

Calories: 281

Total Fat: 20 g

Saturated Fat: 3 g

Sodium: 395 mg

Total Carbohydrate: 14 g

Dietary Fiber: 2 g

Total Sugars: 2 g

Protein: 13 g



## Ingredients

### *Pesto*

- 2 cups tightly packed cilantro leaves
- 2 garlic cloves, peeled
- 1/2 cup walnuts, chopped
- 1/2 cup Parmesan cheese, grated
- 2 teaspoons fresh squeezed lemon juice

### *Salad*

- 2 cups halved grape tomatoes
- 2 cups diced zucchini
- 1 cup thinly sliced red onion
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3/4 cup of extra-virgin olive oil
- 1/3 cup non-fat plain Greek yogurt
- 3 cups shredded or diced chicken breast
- 3 cups cooked whole wheat elbow macaroni (choose gluten free for GF version)



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## Directions

### *Pesto*

1. Add cilantro, garlic, walnuts, Parmesan, lemon juice, salt and pepper to a food processor.
2. Pulse 4 to 5 times until ingredients are roughly chopped.
3. Turn on the food processor, and slowly drizzle in the oil through the lid opening. Process until smooth.
4. Add the yogurt to this mixture and process until well combined.

### *Salad*

1. In a large bowl, combine the rest of the ingredients with the pesto.
2. Gently toss to combine.