

## **Pasta Salad with Asparagus, Snow Peas, and Avocado**

### **Ingredients:**

1. 12 ounces whole-grain or legume fusilli
2. 1 pound asparagus spears, trimmed and cut into 1/2-inch pieces
3. 6 ounces snow peas, trimmed and cut into bite-size pieces
4. 3 tablespoons soy sauce
5. 3 tablespoons balsamic vinegar
6. 2 tablespoons toasted sesame oil
7. 2 tablespoons honey
8. 1 cup shredded carrots
9. 1 medium red bell pepper, finely diced
10. 2 medium green onions, sliced
11. 1 1/2 medium avocados, halved, pitted, and diced

### **Directions:**

1. Prepare pasta per package directions, omitting salt.
2. Two minutes before the pasta is cooked, add the asparagus and snow peas to the boiling water.
3. Transfer the cooked pasta mixture to a colander. Run cold water over the pasta and vegetables to stop cooking process. Drain well.
4. In a large bowl, whisk together soy sauce, vinegar, sesame oil, and honey. Stir in the carrots, bell pepper, green onions, and pasta mixture.
5. Serve immediately or cover and refrigerate for 2 hours to chill. If serving immediately, gently stir in the avocado. If chilling, gently stir in the avocado just before serving.