

## Spring Pasta Salad



*This low FODMAP pasta recipe can be served warm or cold. Don't be afraid to add leftover vegetables to this versatile recipe!*

Preparation 15 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 520

Fat 18

Carbohydrates 76

Fibre 9

Protein 17

Sodium 185

### **Ingredients**

- 340 g (3/4 lb or 4 cups) pasta of your choice (see notes)
- 375 ml (1 ½ cups) frozen edamame, thawed
- 125 ml (½ cup) fresh basil
- 60 ml (¼ cup) pumpkin seeds
- The juice of half a lemon (or 30 ml / 2 tbsp)
- 80 ml (1/3 cup) [Fody Mapple Dijon Dressing](#) (see notes)

- 60 ml (¼ cup) water
- Pepper and salt, to taste
- 750 ml (3 cups) arugula

### **Topping** (optional)

- Grated Parmesan cheese
- Nutritional yeast
- Fresh herbs
- Pumpkin seeds
- Lemon wedge
- Green onions

**Note:** For a low FODMAP version, use quinoa and rice pasta.

You can also substitute this dressing with the [Dijon Mustard Dressing](#) from ÉquipeNutrition.

### **Preparation**

1. In a pot of boiling water, cook the pasta according to the package instructions.
2. Meanwhile, place edamame, basil, pumpkin seeds, lemon juice, dressing, water, pepper, and salt in the bowl of a food processor. Let the processor run for about 5 minutes or until a smooth puree is obtained.
3. Add water, one teaspoon at a time, if needed.
4. Mix the well-drained pasta with the edamame mixture and arugula. Add desired toppings when serving.

**Note:** The edamame pesto can also be used as a dip to accompany your raw vegetables.

### **Notes**

Can be stored in the refrigerator for 3 days and does not freeze.



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