

Grilled Vegetable Pasta Salad

(from Heidi Silvia)

7 oz extra-firm tofu (Optional)
1 medium red bell pepper, cut lengthwise in half and seeded
1 large yellow squash, cut in half lengthwise
½ lb asparagus spears, trimmed
4 oz baby portabella mushrooms or large portabella mushroom caps (for ease of grilling, leave whole)
2 medium red onions, sliced 1/4" thick
½ c balsamic vinegar dressing (or use equal parts of olive oil and balsamic vinegar)
¼ c snipped fresh basil leaves
2 c uncooked whole wheat Rotini pasta
1 oz grated fresh Parmesan cheese

Prepare grill for direct cooking over medium coals/heat. Slice tofu lengthwise into ½ inch slices. Brush tofu and vegetables with ¼ c of the dressing. Snip basil. Set aside.

Cook pasta according to directions. Drain & keep warm.

Lightly grease grill (use a grill topper, if available, to help keep vegetables from falling through the grid). Place tofu & vegetables on grill. Grill mushrooms, onions and bell peppers 5-7 minutes and squash, asparagus and tofu 10-12 minutes, turning occasionally. Remove vegetables and tofu from grill.

Cut vegetables and tofu into bite size pieces. Place pasta in a large bowl. Top with vegetables, basil and remaining dressing. Mix gently. Grate parmesan cheese over salad. Toss gently. Serve warm or at room temperature.

Yields 4 servings.