



Makes 14 cups
Preparation Time: 40 minutes

INGREDIENTS:

4 cups dried multigrain penne pasta

4 firm, ripe peaches, halved and pitted

3 lemons

4 teaspoons Dijon mustard

4 cloves garlic, minced

1 5-oz. package fresh baby arugula

2 cups fresh blueberries

Sea salt, to taste

Freshly ground black pepper, to taste

4 teaspoons pure maple syrup

Grilled Peach and Blueberry Pasta Salad

Grilled summer peaches and blueberries in a pasta salad? Yes, please! The caramelized sweetness of the peaches contrasts nicely with the peppery bite of arugula. To prevent the peaches from sticking to the grill rack, be sure to preheat the grill for at least 20 minutes.

By Carla Christian, RD, LD

- 1** Cook pasta according to package directions; drain. Rinse with cold water; drain again. Chill until needed.
- 2** Place four peach halves, cut sides down, on grill rack. Grill, covered, over medium-high 8 minutes or until grill marks appear; cool. Cut remaining four peach halves into ½-inch pieces.
- 3** For dressing, remove 1 tsp. zest and squeeze ½ cup juice from lemons. In a large bowl whisk together lemon zest and juice, mustard, and garlic. Remove half of the dressing; set aside. Add pasta, chopped peaches, arugula, and blueberries to bowl; toss to coat. Season with salt and pepper.
- 4** Top servings with grilled peach halves and drizzle with maple syrup. Pass the reserved dressing.