

Puttanesca Pasta Salad

by [Angelica Nunez](#) | Updated: October 5th, 2022

For a quick, healthy, vegan dish, look no further than this simple yet delicious recipe. Pasta, olives, tomatoes, capers and fresh herbs come together, drizzled in biodynamic olive oil and balsamic vinegar, for a nutritious, flavorful Puttanesca salad that's perfect for lunch, dinner or as a side. Elevating this dish to a higher standard of quality are the regeneratively grown ingredients from Solspring® – a food brand that offers USDA Organic as well as the largest variety of Demeter Certified Biodynamic® foods in the U.S.

Known as the original regenerative agriculture – what organic is actually based on – the biodynamic approach helps restore degraded soils with holistic, climate-beneficial practices. Rather than focus on individual crops, biodynamics considers the prosperity of the whole farm, treating it as a single living, breathing organism – an ecosystem where every species, both plant and animal, has purpose.

This all-encompassing approach integrates livestock to nurture the soil, employs plant diversity and crop rotation to prevent soil depletion, utilizes low-till practices to reduce soil erosion and improve water quality, and completely avoids synthetic pesticides, herbicides, fertilizers, hormones and GMOs. The result? Greater biodiversity, healthier people, a stronger planet and exceptional ingredients the way nature intended.



Puttanesca Pasta Salad

- Prep Time** 10 minutes
- Cook Time** 10 minutes
- Total Time** 20 minutes
- Servings** 8
- Calories** 290 kcal
- Author** Angelica Nunez



☆☆☆☆☆
0 from 0 votes

Print

Ingredients

- 1 pkg. (16 oz.) Solspring® Biodynamic Organic Penne with Turmeric
- 2 pints mixed cherry tomatoes chopped
- 1 cup Solspring® Biodynamic Organic Kalamata Olives roughly chopped
- 1 jar (3.5 oz.) capers in brine drained
- 3 Tbsp. Solspring® Biodynamic Organic Extra Virgin Olive Oil
- 1 Tbsp. Solspring® Biodynamic Balsamic Vinegar
- 1 clove garlic finely minced
- ½ Tbsp. dried oregano
- ½ tsp. dried chili flakes

Garnishes: flat-leaf parsley, basil and olive oil

Instructions

1. Cook half package of pasta according to package directions.
2. In large bowl, combine pasta, tomatoes, olives and capers.
3. In small bowl, combine oil, vinegar, garlic, oregano and chili flakes; pour over pasta and fold to incorporate.
4. Garnish with parsley, basil and oil. Season to taste.

Recipe Notes

Order these ingredients and more from [Vitacost.com!](#)

[Add to cart](#)

Nutrition Facts	
Puttanesca Pasta Salad	
Amount Per Serving	
Calories 290	Calories from Fat 90
% Daily Value*	
Fat 10g	15%
Saturated Fat 1g	5%
Polyunsaturated Fat 1g	
Monounsaturated Fat 6g	
Sodium 286mg	12%
Potassium 286mg	8%
Carbohydrates 42g	14%
Fiber 6g	24%
Sugar 5g	6%
Protein 8g	16%
Vitamin A 752IU	15%
Vitamin C 27mg	33%
Calcium 39mg	4%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Angelica Nunez

Angelica is a health and wellness content writer with a passion for regenerative agriculture and biodynamics. She believes a stronger planet starts with healthier soil, nurtured by holistic practices, and consistently looks for ingredients grown with these values in mind.



Categories: [Recipes](#)

Tags: [italian dressing](#) [olives](#) [pasta](#) [pasta salad](#) [tomatoes](#) [vegan](#)