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# FAT-BURNING SALADS

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## Pesto Caprese Pasta Salad



Pasta and Fat Burner in the same sentence?? As crazy as that sounds, yes! And with this combo of whole wheat pasta and pesto you don't have to sacrifice taste for effectiveness.

Summer Salad Series

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### Key Fat Burners:

**Whole-Wheat Pasta:** Pasta may seem like the enemy because we are talking carbs, but in reality, the whole wheat/whole grain pasta will take time for your body to digest. As a result, it helps regulate your blood sugar and prevents storing unwanted belly fat.

## Ingredients:

- 16 oz. whole wheat fusilli pasta
- 2 cups basil leaves
- 1/4 cup flaxseed oil
- 1/4 cup Parmesan cheese
- 1/4 cup flax seeds
- 1/2 tbsp. Lemon zest
- 1 clove garlic
- 1/3 tsp salt
- 1/8 tsp pepper
- 1 pint grape tomatoes, quartered
- 8 oz. Cherry sized-mozzarella balls, quartered

## Directions

1. In a large pot, bring salted water to a boil over high heat. Add pasta and cook for 12-13 minutes or until desired texture. Drain and rinse under cold water.
2. Add basil, flaxseed oil, parmesan cheese, flax seeds, lemon zest, garlic, salt and pepper in a food processor and pulse to combine.
3. Place pasta with pesto, tomatoes and mozzarella cheese in a large serving bowl and toss until pesto even coats the pasta. Serve at room temperature.

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This recipe is part of our full Fat Burning Salad Summer Series. Check out the rest on FastFitTV