

Pasta Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: ½ cup

Ingredients	Quantity	Measure
Shell Pasta, medium size, whole wheat, cooked al dente	9 cups cooked (1 pound dry)	
Tomatoes, cherry	1	cup
Onions, red, sliced	½	cup
Red bell pepper, sliced	1	cup
Green bell pepper, sliced	1	cup
Black olives, pitted, canned, drained	1	cup
Basil, fresh, chiffonade	½	cup
Parsley, fresh, chopped	½	cup
Assorted beans, canned, drained, rinsed (kidney, chickpea, cannellini – one or all)	1	cup
Zesty Italian dressing	1	cup

Preparation

1. Mix all ingredients together in a larger bowl and toss gently until incorporated.

Serving Information/Notes

Suggested pairing of 1/2 cup pasta salad with garbanzo slider.

Nutrition Information

 *From USDA Nutrient Database

Calories: 302 Total Fat: 9.7g Saturated Fat: 1.9g Monounsaturated Fat: 3.1g Polyunsaturated Fat: 3.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 44g Fiber: 5.9g Total Sugar: 5.2g Protein: 9.2g Sodium: 493mg Vitamin A: 44µg Vitamin C: 38.4mg Calcium: 39mg Iron: 2.3mg Folate: 39µg

