

Loaded Veggie Pasta Salad

This pasta salad recipe makes a filling and balanced lunch or can be a side dish for a picnic.

Yield: 4 servings

Ingredients:

1 box (8oz)	Chickpea/Lentil Pasta, macaroni or penne (Banza or Barilla)
1 medium head	Broccoli, cut into florets
1 cup	Cherry tomatoes, sliced in half
1 cup	Cucumber, sliced and quartered
1 medium	Yellow squash, sliced and quartered
¼ cup	Scallions (green onion), sliced
½ cup	Feta Cheese, crumbled
¼ cup	Red Wine Vinaigrette (homemade or store bought)

Preparation:

- 1.) Place about 4 cups of water in a medium-large pot, cook over high heat until water boils, add banza pasta and cook according to package (about 7 minutes). Drain the pasta, run cold water over the pasta to stop the cooking process, and set aside.
- 2.) Cut all of the veggies into even sized pieces and place in a medium bowl. Add the scallions, feta cheese, cooked pasta, and red wine vinaigrette and stir until evenly coated and mixed.
- 3.) Pasta salad can be served right away or chilled until needed. Store in an airtight container for up to 4-5 days.

Chef's Notes: Pasta made from chickpeas, lentils, or other beans are a great option to use instead of regular pasta because it is high in fiber and is a source of protein. If you cannot find these pastas you can use 8oz of whole wheat pasta. For the vinaigrette you can use a store bought version but making it at home is very easy!

Nutrition Facts: per 1 serving

Calories: 318	Sodium: 438mg	Sugars: 8.9g
Total fat: 11.9g	Total Carbs: 39g	Protein: 19g
Saturated Fat: 2.6g	Fiber: 9.8g	