

GARDEN PASTA SALAD

Ingredients

- 4 ounces chickpea pasta - rotini or penne - cooked
- 2 tablespoons olive oil
- 4 large garlic cloves - roughly chopped
- 2 shallots (or half a red onion) – thinly sliced
- 1 pound zucchini or summer squash
- 1 ear of corn
- 1 lemon, zest and some juice to taste
- 3 cups low sodium canned black beans
- Salt and pepper to taste (add chili flakes if desired)
- 10 colorful cherry tomatoes, halved
- 2 heaping handfuls arugula
- 1 cup chopped cilantro (or basil)
- 1 cup crumbled reduced fat feta cheese

Instructions

1. Cook pasta according to instructions. Save a few tablespoons of pasta water for later.
2. Heat oil in large skillet over medium heat.
3. Sauté garlic, shallot, and zucchini for 5-6 minutes, stirring often.
4. Add lemon zest and corn, stir well, and cover on low heat for a few minutes until zucchini is tender.
5. Add cooked black beans, salt and pepper to taste, stir well, and let warm through.
6. Add pasta, pasta water, and lemon juice to skillet and mix well.
7. Transfer skillet contents to a large bowl and add tomatoes, arugula, cilantro, and feta cheese just before serving.

Nutrient Breakdown

8 servings

230 calories

6 grams fat

33 grams carbohydrates

13 grams protein

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