

# Pizza Pasta Salad

Source: Recipe by Lee Crosby, RD, LD

Find this recipe and more in [The Vegan Starter Kit](#) by Neal Barnard, MD.

## About the Recipe

**255 Calories • 11 g Protein • 6 g Fiber**  
**Lunch**

## Ingredients

***Makes 12 Servings***

- 16 ounces dry pasta
- 1 15-ounce can chickpeas or cannellini beans, drained and rinsed
- 1 15-ounce can kidney beans, drained and rinsed
- 1 large green bell pepper, chopped
- 1 large yellow or orange bell pepper, chopped
- 1 cup dry (not oil-packed) sun-dried tomatoes, thinly sliced (see note)
- 1/2 cup diced red onion
- 1/2 cup pitted black olives (measured whole, then sliced)
- 3/4 cup fat-free or light Italian dressing
- 1 tsp. dried oregano
- 1/4 cup toasted pine nuts *\*optional*

## Directions

1. Cook the pasta according to package directions. Meanwhile, toss the remaining ingredients in a large bowl, reserving 1 tablespoon pine nuts, if using.&nbsp;
2. When the pasta is cooked, rinse with cold water, drain, and immediately add to the bowl with the other ingredients.&nbsp;
3. Toss gently. Top with the remaining pine nuts, if using.&nbsp;

- Note: If the sun-dried tomatoes are not moist, soak in hot water for 20 minutes and drain before adding to the pasta salad.

## Nutrition Facts

*Per serving (1/12 of recipe)*

**Calories:** 255

**Protein:** 11 g

**Carbohydrate:** 47 g

**Sugar:** 6 g

**Fat:** 3 g

**Calories from Fat:** 9%

**Fiber:** 6 g

**Sodium:** 298 mg