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.
2. When the pasta is cooked, rinse with cold water, drain, and immediately add to the bowl with the other ingredients.
3. Toss gently. Top with the remaining pine nuts, if using.

4. 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