

Bright & Refreshing Pasta Salad

PREP TIME: 20 MINS

OPTIONAL REFRIGERATION TIME: OVERNIGHT

YIELDS: 1 LARGE BOWL (10 CUPS)

Ingredients

- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- 1 lemon, juiced + zested
- 2 garlic cloves, chopped (2 teaspoons)
- 1/2-1 teaspoon sea salt
- ¼ cup flat leaf parsley, chopped
- 2 tablespoon fresh oregano, chopped
- 3/4 box bowtie pasta, cooked & drained (~6 cups)
- 1 orange bell pepper, chopped
- ½ cup asparagus, trimmed and cut into chunks
- ¾ cup feta cheese, crumbled
- 1 can garbanzo beans



Nutrition Content for 1 Cup

Calories: 246kcal	Carbohydrates: 31.5g
Fat: 9.4g	Protein: 9.3g
Fiber: 4.2g	Added sugar: 0g
	Sodium: 521.5mg

Directions

1. In a small bowl, combine the olive oil, vinegar, lemon juice, lemon zest, chopped garlic, sea salt, parsley, oregano, and mint.
2. Stir to combine.
3. Boil the pasta according to package directions, then 2–3 minutes before removing pasta, add the trimmed and cut asparagus chunks.
4. Drain pasta and asparagus.
5. In a large bowl, combine the pasta, cherry tomatoes, asparagus, chopped bell peppers, and feta cheese.
6. Pour the dressing over top of the pasta and other ingredients, stirring to coat.
7. Serve right away or refrigerate overnight to let flavors marinate.

Chef Tips/Adjustments

- This recipe is very flexible and can be adjusted as needed. For example, other vegetables, proteins, or seasonings can be used.
- For increased calories, add more olive oil.

Qualities

Texture: Multi-Texture

Rating for Scent : 4/10

Spice Level: 0/10

Recipe Benefits

- High Calorie Potential
- Promotes Gut Health
- Anti-Inflammatory

