



# Summer Pasta Salad

Adding legumes (chickpeas) to a meal is a delicious way to incorporate plant-based protein.

## INGREDIENTS

- 2 ounces lentil or whole-grain pasta
- 1 medium shallot, finely diced
- 1 tablespoon lemon juice
- 1 tablespoon warm water
- ½ teaspoon fine sea salt, divided
- ¼ cup finely chopped fresh cilantro
- ¼ cup finely chopped fresh mint
- 2 tablespoons extra-virgin olive oil
- 1 ½ tablespoons red-wine vinegar

## DIRECTIONS

### STEP 1

Bring a medium pot of water to a boil. Cook pasta according to package directions, omitting salt. Drain and rinse with cold water.

### STEP 2

Meanwhile, combine shallot, lemon juice, warm water and 1/4 teaspoon salt in a small bowl. Set aside for 10 minutes.

- 1 teaspoon Dijon mustard
- 1 small clove garlic, minced
- ¾ cup no-salt-added chickpeas, rinsed
- ½ medium red bell pepper, cut into 1-inch pieces
- ½ medium yellow bell pepper, cut into 1-inch pieces
- ½ large avocado, diced
- 2 stalks celery, thinly sliced
- ½ cup arugula
- 3 tablespoons unsalted roasted cashews, roughly chopped

### STEP 3

Combine cilantro, mint, oil, vinegar, mustard, garlic and the remaining 1/4 teaspoon salt in a large bowl. Add the shallot mixture, the cooled pasta, chickpeas, red bell pepper, yellow bell pepper, avocado, celery, arugula and cashews; toss to combine.

## NUTRITION FACTS

Serving Size: 2 cups | Total servings: 2  
Per Serving: 518 calories, total carbohydrate 49g, dietary fiber 11g, total sugars 5g, protein 15g, total fat 29g, saturated fat 4g



**Wisconsin Athletic Club**

[www.thewac.com/recipes](http://www.thewac.com/recipes)