

Oil Free Italian Pasta Salad

Serves: About 6

Serving size: 2 cups

Time: approx. 30 minutes

Ingredients

For Dressing:

- 2/3 cup water
 - 2/3 cup white wine vinegar
 - 2/3 cup cannellini beans
 - 4 cloves garlic
 - 1 Tbsp onion powder
 - 1 Tbsp garlic powder
 - 1/4 tsp salt
 - 1/8 tsp pepper
 - 1/2 tsp dried parsley
 - 1/2 tsp dried basil
 - 1/2 tsp dried oregano
 - 1/2 tsp marjoram
 - 1/8 tsp crushed red pepper flakes
 - 1 Tbsp pure maple syrup
 - fresh rosemary, as desired
 - fresh thyme, as desired
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For Pasta Salad:

- 1 lb box of whole wheat pasta (suggestion: rotini)
 - 1/2 pint cherry tomatoes, sliced in half
 - 1 large carrot, chopped
 - 1/2 large yellow bell pepper
 - 1/2 head broccoli, finely chopped
 - 1/2 large cucumber, chopped
 - 1/2 red onion
 - remaining cannellini beans from dressing + extra if desired
 - optional: chopped fresh basil and/or nutritional yeast
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Instructions

1. Boil water & cook pasta. Set aside and let cool or do this step the night before and chill in fridge, covered, overnight.
2. Place dressing ingredients into blender. Blend well until creamy consistency achieved.
3. Mix all pasta salad ingredients together.
4. Stir in dressing (you may only need about 3/4 of the dressing).
5. Store in refrigerator for no more than 5 days.

Ashley Cotta, RDN, LDN
Facebook: Food4FuelDietitian
Instagram: _food4fuel
www.food4fueldietitian.com
Youtube: @food4fuel
food4fueldietitian@gmail.com
401-477-0158