



# EASY & HEALTHY PASTA SALAD

## INGREDIENTS

- 16 oz/2 cups of Healthy pasta options (brown rice, quinoa, or chickpea pasta)
- 2. ½ cup cherry tomatoes
- 1/3 cup tangy feta cheese (optional)
- ½ cup of arugula
- 1 cup chickpeas for protein
- 1 Chopped cucumber for crunch
- fresh parsley and basil.



## FOR DRESSING

- 2/3 cup olive oil
- Half a lemon (2 tablespoons)
- 1 tablespoon apple cider vinegar
- Garlic powder (1 teaspoon)
- 1 tablespoon Dijon mustard
- Fresh chopped parsley or oregano (optional)
- 1 teaspoon Italian seasoning

## DIRECTIONS

1. Cook your pasta in a large pot of salted boiling water. Drain it, toss it with some olive oil, and set it aside to cool.
2. Chop your cherry tomatoes and cucumbers, mince the parsley, and crumble the feta.
3. Whisk together the dressing ingredients.
4. And toss everything together in a big bowl! Season to taste and dig in.