



Greek Pasta Salad

🕒 30 minutes 🍴 4 servings

Directions

1. Cook pasta according to package instructions.
2. Meanwhile, prepare vegetables and add to a large serving bowl: dice zucchini (do not peel), tomatoes, pepper, and onion. Set aside small slice of red onion to mince finely and add to dressing.
3. Drain and rinse chickpeas and add to vegetables.
4. Once pasta is done cooking, drain and rinse with cold water. Add pasta to vegetables and toss to combine.
5. Mince remaining onion (about 1 Tablespoon) and garlic. Add to a jar with a lid which seals tightly with all remaining ingredients. Shake to mix dressing well. Pour over pasta salad and refrigerate for at least an hour to allow flavors to combine.

Notes

Total Time: 30 min Prep Time: 30 min | Cook time: 0 min

Serving Size 2 cups; for a side dish, serve half the amount (will serve double the number of people)

Pro Tip Add kalamata olives and feta cheese for more flavor. Make several hours or a day ahead of time to allow flavors to blend. Make this recipe even easier by using a pre-made Greek salad dressing instead of making from scratch.

Leftovers Refrigerate up to 5 days in airtight container. Does not freeze well.

Cooking Equipment Cutting board | Chef's knife | Large serving bowl | Jar with lid

Dice tomato using very sharp or serrated knife, slice into 1/4-inch slices lengthwise. Lay slices flat, then slice into 1/4-inch wide strips. Turn a quarter-turn and slice perpendicular to dice.

Dice zucchini trim ends and discard, but do not peel (to retain nutrients). Cut in half lengthwise and lay flat side down. Cut into thin strips lengthwise, then turn a quarter turn and cut perpendicular slices to dice.

Dice bell pepper cut pepper in half lengthwise and with a paring knife cut around the stem to remove. Remove seeds and white membranes along inside of pepper. Slice lengthwise into 1/4-inch wide strips, then turn a quarter-turn and slice perpendicular to dice.

Dice onion trim top and base off onion, then peel tough outer layers (usually top 1–2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.

Mince garlic smash garlic clove: place flat edge of chef's knife on top of clove and press firmly with palm of the hand; remove papery skin. Cut clove into very thin slices. Stack slices and cut into very thin matchsticks. Turn a quarter-turn and mince finely.

Ingredients

Pasta Salad

2 cup Whole grain penne (or rotini, uncooked; substitute gluten-free pasta for Celiac-friendly)

2 Tomato (diced)

1 Zucchini (small, diced)

1 Red bell pepper (diced)

1 Red onion (small, divided)

1 3/4 cup Chickpeas (drained and rinsed; no salt added; 1 3/4 cup = 14.5 oz can)

Greek Dressing

1/4 cup Extra virgin olive oil

1/3 cup Red wine vinegar

1 Lemon (juiced; 1 lemon = about 1/4 cup juice)

1 tsp Dijon mustard

2 clove Garlic (minced)

1 tsp Oregano

1/4 tsp Salt

Nutrition per serving (estimated)

Calories	499 kcal	Fat	17 g
Carbohydrates	63 g	Protein	16 g
Fiber	11 g	Sugar	11 g
Cholesterol	0 mg	Sodium	180 mg
Vitamin A	1573 IU	Vitamin C	73 mg
Calcium	85 mg	Iron	4 mg

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