

Quick Summer Pasta Salad

Cooking Instructions

1. Boil water and cook about 8 oz of pasta according to directions.
2. While pasta is cooking, chop cherry tomatoes. Slice red onion and cut avocados into chunks. Drain can of chickpeas and set aside.
3. Cut and squeeze whole lemon into a small bowl. Add oil, salt, pepper, oregano, and basil and mix.
4. Drain pasta and set in serving bowl. Top with chickpeas, cherry tomatoes, red onion, and cheese. Gently mix. Add avocados and lemon juice mixture and gently mix again. Top with olives if desired. Makes about 4 servings.

Recipe

- 8 oz whole wheat or regular bowtie pasta
- 1 can garbanzo or chickpeas
- 2 cups cherry tomatoes chopped
- 1 red onion sliced thin
- 1-2 avocados depending on size
- ½ cup feta or crumbled cheese
- 1 teaspoon black pepper
- ½ teaspoon salt
- 1 lemon
- 1/3 cup olive or avocado oil
- 2 teaspoon oregano
- 1 teaspoon dried basil or ¼ cup fresh chopped
- Optional – ½ cup Kalamata olives, any chopped vegetables you like!

Grocery List – Add optional ingredients as desired

Produce

- 1 lemon
- 1 red onion
- 1-2 avocados
- 2 cups cherry tomatoes (about two packages)

Dairy

- Feta cheese (cotija, queso fresco, or shredded mozzarella work as well)

Canned Goods

- 1 can chickpeas
- 1 box pasta (bowtie, rigatoni, orecchiette)
- Optional: Kalamata olives

Spices

- salt
- pepper
- oregano
- basil

Pantry

- Olive oil or plant oil