



## Mediterranean Chickpea Pasta Salad

SERVINGS: 1.5 CUPS

PREPPING TIME: 10 MINS

COOKING TIME: 10 MINS

### INGREDIENTS

8 oz. uncooked chickpea pasta  
 1 cup cherry tomatoes, halved  
 1 medium cucumber, diced  
 1/4 cup red onion, finely chopped  
 1/4 cup Kalamata olives, pitted and sliced  
 1/4 cup crumbled reduced-fat feta  
     cheese  
 2 garlic cloves, crushed  
 2 tbsp. extra virgin olive oil  
 1 tbsp. red wine vinegar  
 1/2 tsp. dried oregano  
 1 tsp. honey  
 Salt and pepper to taste  
 2 tbsp. fresh basil, chopped  
 2 tbsp. chives, chopped  
 Fresh parsley, chopped, for garnish  
 Lemons, for garnish

### DIRECTIONS

1. Cook the chickpea pasta according to the package instructions. Make sure not to overcook it, as chickpea pasta tends to become mushy if cooked for too long. Once cooked, drain the pasta and rinse it under cold water to stop the cooking process. Allow it to cool completely.
2. In a large mixing bowl, combine the cooled chickpea pasta, cherry tomatoes, diced cucumber, chopped red onion, olives, and crumbled feta cheese.
3. In a small bowl, whisk together the extra virgin olive oil, garlic, red wine vinegar, dried oregano, honey, salt, pepper, basil and chives to make the dressing.
4. Pour the dressing over the pasta salad ingredients in the large mixing bowl. Gently toss everything together until the pasta and vegetables are evenly coated with the dressing. Garnish the salad with fresh chopped parsley and a squeeze of fresh lemon before serving.

### NUTRITION

Serving size: 1 serving (116g)  
 (per serving) 210 calories, 9g fat, 2g saturated fat, 5mg cholesterol, 95mg  
 sodium, 26g carbohydrate, 6g fiber, 4g sugar, 9g protein