

Italian Pasta Salad

Healthy, filling and full of flavor. This pasta salad is perfect for workweek lunches!

Prep:
5 minutes

Cook:
15 minutes

Ready In:
20 minutes

Servings:
6



Salad Ingredients

- 1 box whole wheat fusilli*
- 10 kalamata olives
- 1/4 red onion, minced
- 1 head kale, finely chopped
- 2 small cucumbers, diced
- 2 tbsp sundried tomatoes
- 10 cherry tomatoes, chopped

Seasoning

- 1 tsp nutritional yeast
- 1 tsp garlic powder
- 1 tsp red chili flakes (optional)
- black pepper to taste
- 3-4 tbsp minced fresh garlic
- 1 lemon, juiced
- 2-3 tbsp soy sauce, or coconut aminos

Instructions

- 1 In a saucepan bring a pot of water to a boil and cook pasta according to directions. Add in your chopped kale at the last 2 minutes to slightly cook. Once pasta is done, drain and let cool for 5 minutes.
- 2 Toss pasta in seasoning ingredients and then add in the rest of your chopped veggies.
- 3 You can eat this hot or cold, i think it tastes better the next day and has more flavor. *I use Einkorn pasta, its a non-hybridized wheat that is super easy to digest. If you use a gluten free pasta just know that it will harden in the fridge once it cools so its best to eat this hot.