



## **POWER PASTA SALAD**

*Makes 8-10 servings*

### **Ingredients:**

16 oz/454 g whole grain spiral/elbow noodles, cooked according to package directions  
2 (398 mL/14 oz) cans of mixed beans, chickpeas, or beans of your choice, drained & rinsed  
1 can artichokes (packed in water), drained, rinsed and roughly chopped  
5 cups leafy greens of your choice (I like baby kale, spinach, or arugula), washed and chopped  
1 large cucumber, peeled (if not organic) and chopped into bite-sized pieces  
1 pint of grape or cherry tomatoes, sliced in half  
1/2 cup of pitted kalamata olives, roughly chopped, optional  
1 bunch of green onions, chopped

### Dressing Ingredients:

1/2 cup extra virgin olive oil  
1/4 cup red wine vinegar or white white vinegar  
Juice of 1/2 of a lemon  
1 - 2 tablespoons maple syrup, to taste  
2 tablespoons of water  
1 tablespoon nutritional yeast, optional  
1 teaspoons garlic powder or 1/2 clove of garlic  
1/2 teaspoons dried parsley  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 teaspoons salt  
A pinch of red chili flakes  
Pepper to taste

### **Directions:**

Add all of the salad ingredients into a very large bowl or container and mix well to combine.

For the salad dressing: add all the ingredients to a blender and process until well combined, or to a jar, tightly cover with a lid and shake rigorously until everything is mixed together. Once the dressing is ready, slowly pour it over the pasta salad. Stir to ensure that the noodles are well coated. If your pasta salad is a little bit dry, or in need more flavour, add some additional olive oil, vinegar, salt and/or pepper to your liking. Serve immediately and enjoy!

If you don't plan on eating it all in one day, keep the dressing and the salad separate, then add the dressing immediately before serving. Salad ingredients will keep in the fridge 3 to 4 days, and the dressing will keep for a week.