

MEAL PREP RECIPE

Lentil & Chickpea Pasta Salad

SERVES: 4

INGREDIENTS: 9

COOKING: 15 minutes

Ingredients

- 226 grams Chickpea Pasta
- 4 cups Lentils (from the can, drained and rinsed)
- 4 tbsps Red Onion (finely chopped)
- 2 Red Bell Peppers (diced)
- 1 Cucumber (diced)
- 1/2 cup Pitted Kalamata Olives (finely chopped) 2 cups Baby Kale
- 4 tbsps Balsamic Vinaigrette
- Sea Salt & Black Pepper (to taste)

Method

1. Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
2. In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, olives, and baby kale. Add the dressing and mix well. Enjoy!

Notes

Leftovers

- Refrigerate in an airtight container for up to three days.

Serving Size

- One serving is equal to approximately three cups.

More Flavor

- Serve with parmesan cheese and basil leaves.
- Mix with sliced chicken breast or Tofu for added Protein.

