

Three Bean Pasta Salad

Serves 4-6

Beans are a natural combination with pasta and can be served as a main dish salad. It's easy to create your own salad -- just combine beans, veggies, pasta and your favorite salad dressing. Refrigerate for about an hour to allow flavors to blend. ENJOY!



- 1 pound whole grain or whole wheat pasta, (bowtie or other medium shape) uncooked
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (15-ounce) can chickpeas, rinsed and drained (or use another white bean)
- 1 cup green beans (fresh, frozen or canned)
- 1 small red onion, chopped
- 1 red bell pepper, seeds and ribs removed, chopped
- 3 tablespoons Dijon mustard
- 2 tablespoons vegetable oil
- 3 tablespoons red wine vinegar
- 3 tablespoons chopped fresh parsley, basil or oregano (optional)



1. Prepare pasta according to package directions; drain. Rinse under cold water and drain again.



2. In a large bowl, stir together the pasta, kidney beans, chickpeas, green beans, onion and bell pepper. In a small bowl, stir together the remaining ingredients.

3. Toss pasta with dressing, chill and serve.



Nutrition information: calories 374; protein 15g; carbohydrates 60g; fat 9g; cholesterol 0mg

Recipe from National Pasta Organization. For more information about pasta, visit www.ilovepasta.org



.....
Food for Thought

 If red pepper is not
 available, use cherry
 or grape tomatoes or
 chopped carrots.

