

Mediterranean Chickpea Pasta Salad

Servings: 8

Prep Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

Ingredients

- 1 6 oz. box whole wheat rotini pasta
- 2 15 oz. Cans no-salt-added chickpeas, drained and rinsed
- 1 English cucumber, diced
- 1-pint cherry tomatoes, halved
- 1 bell pepper, diced
- ½ small red onion, finely diced
- ¼ cup fresh parsley, chopped (optional)

Dressing

- ¼ cup olive oil
- Juice of 2 lemons
- 2 tsp Dijon mustard
- 1 tsp garlic powder
- 1 tsp dried oregano
- ½ tsp black pepper

Instructions

1. Cook the pasta. Bring a large pot of water to boil. Cook the whole wheat pasta according to the package directions (about 8-10 minutes). Drain and rinse under cold water to cool.
2. Prepare the vegetables. While the pasta cooks, dice the cucumber, halve the tomatoes, dice the bell pepper, finely dice the red onion, and drain and rinse the chickpeas.
3. Make the dressing. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, garlic powder, oregano, and black pepper.
4. Mix everything together. In a large bowl combine the cooked pasta, chickpeas, cucumber, tomatoes, bell pepper, red onion, and parsley (optional). Pour the dressing over the salad. Toss until everything is evenly coated.
5. Portion for meal prep. Divide into 8 meal prep containers. Store in the refrigerator for up to 5 days. Serve cold or chilled.

Cost

Ingredient	Amount	Estimated Cost
16 oz. Whole wheat rotini	½ cup	\$1.98
2 cans no salt-added-chickpeas	2 cans	\$2.16
English cucumber	1, diced	\$1.28
Cherry tomatoes	1 pint	\$2.48
Bell pepper	1, diced	\$0.98
Red onion	½, finely diced	\$0.50
Parsley	¼ cup	\$0.98
Lemons	2	\$1.16
Olive oil	¼ cup	\$0.60
Dijon mustard	2 tsp	\$0.30
Garlic powder & oregano	1 tsp	\$0.35
Cost per Serving		~ \$1.60 per serving

Nutrition Facts

Nutrition Facts	
Serving size	8
Amount Per Serving	
Calories	345
	% Daily Value*
Total Fat 8g	10%
Sodium 175mg	8%
Total Carbohydrate 41g	15%
Protein 13g	26%
*The % Daily Value (DV) tells you how much a nutrient in a serving food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	