

PROTEIN PASTA SALAD

NUTRITION FACTS

Serving Size: 1 cup

Calories: 393 | Carbohydrates: 38g | Protein: 23g | Total Fat: 18g | Saturated Fat: 3g | Sodium: 544mg | Fiber: 10g

INGREDIENTS

- 8 oz Chickpea Pasta
- 10 oz Albacore Tuna (in water)
- 1 1/2 cup Cannellini Beans
- 1 cup Frozen Peas
- 2 stalks Green Onion (thinly sliced)
- 1 cup Cottage Cheese
- 1/2 cup Mayonnaise
- 2 tbsp Red Wine Vinegar
- 2 tsp Dijon Mustard
- 1 tsp Dried Dill
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Black Pepper

DIRECTIONS

1. Add the cottage cheese, mayonnaise, Dijon mustard, red wine vinegar, and seasonings to a small food processor or blender. Blend until completely smooth, scraping down the sides as needed. Transfer the sauce into a big bowl.
2. Cook the pasta according to the package directions. While the pasta cooks, move to step 3.
3. Drain tuna and add to the sauce in the bowl.
4. Rinse the peas under hot water, drain well, and add them to the bowl.
5. Add the rinsed and drained beans to the bowl. Also add the green onions. Mix well.
6. Once the pasta is fully cooked, rinse with cold water to stop the cooking and drain well. (If preferred, you can also store the sauce and chill pasta in the fridge until cooled).
7. After cooling, gently stir everything together until well combined. Enjoy!





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