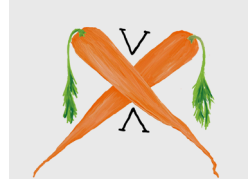


# THE ULTIMATE SUMMER PASTA SALAD



SERVES: 8-10 AS A SIDE  
PREP TIME: 15 MINUTES  
COOK TIME: 10 MINUTES  
TOTAL TIME: 25 MINUTES

## THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

## INGREDIENTS

1 lb. pasta of choice (I used bowties!)  
1 pint cherry or grape tomatoes, halved  
1/2 cup roasted red bell pepper, diced\*  
1/4 cup mediterranean olives, pitted and diced  
1/4 cup red onion, thinly sliced  
1/4 cup fresh parsley, chopped  
1/4 cup fresh basil, chopped  
1/4 cup vegan parmesan\*\*  
Fresh ground pepper, to taste  
Optional Add-Ins: Diced vegan artisan cheese, chickpeas, additional fresh herbs, etc,

### FOR ITALIAN DRESSING:

1/3 cup extra virgin olive oil  
1/4 cup white wine vinegar  
1 garlic clove, minced  
1/2 tsp each: dried onion powder, oregano, thyme, & basil  
1 tsp maple syrup  
1/2 tsp sea salt  
1/4 tsp red pepper flakes

## METHOD

Prepare the italian dressing by whisking all ingredients together in a small jar or bowl. Set aside.

Prepare pasta according to package instructions.

While pasta is cooking, prepare veggies, herbs, vegan parm, and any add-ins.

When pasta is finished cooking, allow to cool slightly. Next, toss in dressing followed by all remaining ingredients. Chill in the refrigerator for a few hours before serving!

This is an easy one to prepare the night before. For best results, add the basil just before serving!

Enjoy!

## NOTES:

\*You can use [freshly roasted bell pepper](#) or buy in a jar to save time!

\*\*Vegan Parmesan: 1 cup raw walnuts 2 TBSP nutritional yeast 1 garlic clove, minced 1/2 tsp sea salt // Blend in a small food processor until the mix resembles a rough sand.

## NUTRIITION:

Serving Size: ~3/4-1 cup Total Calories: 261 Total Fat: 14 g

Sodium: 224 mg Potassium: 230 mg Total Carbohydrate: 30 g

Fiber: 4 g Sugar: 3 g Protein: 8 g

Vitamin A: 12% Vitamin C: 13% Calcium: 11% Iron: 25% (Percent Daily Value)