

Lunch | Dinner

# Italian Arugula Salad with Whole Grain Penne

**20 Mins**  
Prep Time

**9 Mins**  
Cook Time

**6**  
Servings

**246 Calories**   **10g Fat**   **34g Carbs**   **8g Protein**



## Ingredients

**6 Servings**   **20 Mins Total Time**   **Allergens: Gluten, Nuts, Dairy**

Salad	
2 Cups Whole Grain Penne (dry)	
3 Tbsp Pine Nuts, toasted	
3 Cups Baby Arugula	
¼ Cup Sun Dried Tomatoes, chopped	
1 Cup Canned Chickpeas, drained and rinsed	
2 Tbsp Extra Virgin Olive Oil	2 Tbsp Lemon Juice
2 Tbsp Balsamic Vinegar	1 Tsp Dijon Mustard
Salt and Pepper, to taste	Shaved Parmesan, to garnish

### Allergen Swap

**Gluten** Use a gluten-free pasta

**Nuts** Use toasted sunflower seeds or omit

**Dairy** Sprinkle with a dairy-free cheese or omit

### Nourishment Note



#### Arugula

Arugula is full of vitamins, minerals, and antioxidants. The powerful antioxidants in arugula may help to reduce inflammation and protect healthy cells.



#### Whole Grain Pasta

Whole grain pasta is much higher in fiber than traditional enriched pasta. Fiber is beneficial for gut health, which can play a helpful role in the immune response.



#### Chickpeas

Chickpeas are a good source of choline, which may help to decrease chronic inflammation. Chickpeas are also a good source of plant-based protein.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Cook Pasta, Toast Pine Nuts

In a large saucepan, bring water to a boil. While waiting for water to boil, toast pine nuts in a dry skillet, over medium heat, until fragrant. When water begins to boil, add the pasta and cook according to package directions.

### 3. Whisk Together Dressing

While pasta cooks, whisk together dressing ingredients in a small bowl.

### 4. Drain & Rinse Pasta

When pasta is done cooking, drain and rinse with cold water to stop the cooking process.

### 4. Assemble Ingredients & Serve

In a large bowl, toss the arugula, sun dried tomatoes, chickpeas, cooked pasta, and toasted pine nuts. Drizzle with dressing and toss to coat. Season with salt and pepper, to taste. Add shaved Parmesan before serving.

### 5. Wash Hands

Wash hands with soap and water.

Recipe adapted from [skinnytaste.com](https://www.skinnytaste.com)

## What You'll Need



Large Saucepan



Spoon



Colander



Measuring Cups



Measuring Spoons



Cutting Board



Knife



Small Skillet



2 Bowls (Large and Small)



Whisk



Tongs



Vegetable Peeler

### Fatigue Buster

- Lemon Juice: Purchase pre-squeezed lemon juice.
- Pine Nuts: Purchase toasted pine nuts or use raw pine nuts.