

Lunch | Dinner

Italian Arugula Salad with Whole Grain Penne

20 Mins Prep Time

9 Mins **Cook Time** Servings

246 Calories

10g Fat 34g Carbs

8g Protein



Ingredients

2 6 Servings



20 Mins Total Time



○ Allergens: Gluten, Nuts, Dairy

Salad

2 Cups Whole Grain Penne (dry)



3 Tbsp Pine Nuts, toasted





1/4 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

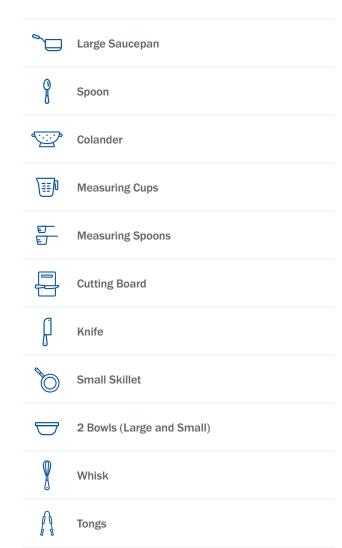
In a large bowl, toss the arugula, sun dried tomatoes, chickpeas, cooked pasta, and toasted pine nuts. Drizzle with dressing and toss to coat. Season with salt and pepper, to taste. Add shaved Parmesan before serving.

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from skinnytaste.com

What You'll Need



Fatigue Buster

• Lemon Juice: Purchase pre-squeezed lemon juice.

Vegetable Peeler

 Pine Nuts: Purchase toasted pine nuts or use raw pine nuts.