

Lunch | Dinner

# Italian Arugula Pasta Salad

Side Effect: Altered Taste

**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, **wash before using** 🍷

¼ Cup Sun Dried Tomatoes, chopped

1 Cup Canned Chickpeas, **drained and rinsed** 🍷

### Dressing

2 Tbsp Extra Virgin Olive Oil      2 Tbsp Lemon Juice, 🍷  
**wash lemon before juicing**

2 Tbsp Balsamic Vinegar      1 Tsp Dijon Mustard

Salt and Pepper, to taste      Shaved Parmesan, to garnish

### Allergen Swap

**Gluten** Replace whole grain penne with a gluten-free version

**Nuts** Replace pine nuts with toasted sunflower seeds or omit

**Dairy** Replace Parmesan cheese 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.



#### 🍷 Chickpeas

Mild-tasting protein sources such as beans are typically well-tolerated when experiencing taste changes. Beans are also a great source of lean-protein to help your body build new and healthy cells.



#### 🍷 Lemon

Citrus foods, such as limes, lemon, or oranges, can help add flavor to dishes when foods may taste bland.



#### 🍷 Cold Foods

Cold foods that aren't cooked, such as fruit salsa, smoothies, yogurt and fruit, are typically well-tolerated in patients experiencing altered taste.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Cook Pasta

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.

### 5. Toss Ingredients Together & 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.

### 6. Store

Pasta dish will keep well in the refrigerator for up to 3 days.

### 7. 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



Small Bowl



Whisk



Large Bowl



Tongs



Vegetable Peeler

### Fatigue Buster

- Ask a friend or family to help make this recipe.