

Pasta Salad

1. In a large pot of boiling water, add:

Whole Wheat rotini (or any other pasta) 3 cups (375 g)

Cook 8 minutes or until pasta is tender. Drain pasta. Run under cool water and drain again. Set pasta aside.

2. In a small bowl, combine:

Oil	6 tablespoons
Vinegar	4 tablespoons
Garlic powder	2 teaspoons
Basil	2 teaspoons
Oregano	2 teaspoons
Beans (navy or black or pinto), rinsed	1 can (398ml)

Mix well.

3. In a large bowl, add:

Celery, thinly sliced	4 stalks
Carrots, peeled and chopped or shredded	4 medium
Green pepper, chopped	1
Tomato	1
Cucumber	1



4. To the large bowl, add:

- the cooked pasta
- the dressing and bean mixture from the small bowl
- Sprinkle with parmesan cheese (optional)

Gently mix ingredients together and keep cool in refrigerator.

Serves 6