

Chimichurri Pasta Salad

Serves 8

Ingredients:

- 6-8 cups water
- 3 cup dry whole-wheat pasta
- 1 can white beans, strained and rinsed
- 1 red pepper, diced
- 1 yellow pepper, diced
- 2 cups baby spinach, roughly chopped
- 1 pint grape tomatoes, sliced in half
- 2 small zucchini, sliced into quarters
- 1/4 cup chimichurri
- Salt and pepper to taste



Chimichurri Sauce:

- 1/2 cup red wine vinegar
- 1-teaspoon kosher salt
- 3 garlic cloves, peeled and smashed
- 1 shallot, roughly chopped
- 1-teaspoon red pepper flakes
- 1/2 cup fresh cilantro
- 1/2 cup fresh flat-leaf parsley, stems removed
- 1-tablespoon dried oregano
- 3/4 cup extra-virgin olive oil(or sub any other oil)



Directions:

1. For the chimichurri: Place all of the ingredients into a high-sided container. Using an immersion blender, work through the mixture to ensure that all ingredients are blended until smooth. Alternatively, use a blender or food processor.
2. Cook pasta according to instructions. Drain and set aside to cool.
3. While the pasta is cooking, open the can of white beans, drain, and rinse under cold running water. Add to a medium-sized mixing bowl.
4. Add the fresh, chopped vegetables to the bowl with the white beans along with the cooked and cooled pasta.
5. Stir in 1/4 cup of the chimichurri to the veggie pasta with salt and pepper to taste and mix well.
6. Enjoy immediately or store in the refrigerator for up to 5 days. Great when cold!