

# Tomato Basil and Bean Pasta Salad

Rating: ★★★★★

Makes: 12 servings

## Ingredients

- 1 pound ziti pasta (or bow tie pasta)
- 2 tablespoons vegetable oil
- 1/4 cup vinegar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon pepper
- 1 cup fresh basil leaves (chopped)
- 3 tomatoes (large, coarsely chopped)
- 1 cup kidney beans (cooked or canned drained, or try garbanzo beans or black beans)
- 1 cup mozzarella (or provolone cheese, cubed or shredded, optional)
- 1/2 cup walnuts (chopped, optional)

## Directions

1. Cook pasta according to package directions. Drain and cool.
2. In a small mixing bowl, whisk together vegetable oil, vinegar, Dijon-style mustard and pepper to make vinaigrette.
3. In a large mixing bowl, combine pasta, beans, basil and tomatoes. Pour vinaigrette over top and toss together. Cover and chill at least 1 hour.
4. If desired, add nuts and cheese just before serving, tossing again to combine.

## Notes

- Optional ingredients, walnuts and mozzarella, are not included in nutrition analysis and cost estimate.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220	
Total Fat	3.5 g	5%
Protein	8 g	
Carbohydrates	39 g	13%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	25 mg	1%

- Add other fresh chopped vegetables such as cucumbers, peppers, small summer squash, carrots, broccoli or cauliflower.
- Use your favorite salad dressing instead of making your own.
- Use cooked rice or cooked, cut up potatoes in place of pasta.

Connecticut Food Policy Council, Farm Fresh Summer Recipes