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**

<table>
<thead>
<tr>
<th>Key Nutrients</th>
<th>Amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories</td>
<td>220</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3.5 g</td>
<td>5%</td>
</tr>
<tr>
<td>Protein</td>
<td>8 g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>39 g</td>
<td>13%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
<td>16%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>25 mg</td>
<td>1%</td>
</tr>
</tbody>
</table>
• 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