

Southwest Pasta Salad

Ingredients

- 8 oz pasta (whole wheat or legume pasta, such as chickpea pasta or lentil pasta)
- 1/2 red onion, chopped
- 1/2 cup chopped cilantro
- 1 cup chopped tomatoes
- 1 cup corn (fresh or frozen)
- 1 can black beans, drained and rinsed
- 1 orange bell pepper, chopped
- 1 avocado, chopped
- 1-2 TBSP fresh or canned diced jalapeno (optional)
- 1 avocado, diced

Dressing

- 2 TBSP lime juice
- 2 TBSP red wine vinegar
- 2 TBSP maple syrup
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp salt
- 2 cloves garlic, minced
- 2 TBSP olive oil (optional, not necessary)
- 1 tsp chili powder (optional)



Instructions

1. Boil pasta according to package directions.
2. Meanwhile, mix the dressing ingredients together in a big bowl.
3. Chop the vegetables and cilantro, and add to the bowl. Stir in the black beans.
4. Drain the pasta and rinse with cool water. Add the pasta to the bowl and mix all the ingredients together.
5. Let sit for at least a couple hours, ideally, so the flavors can be absorbed. Add salt and pepper to taste. Delicious chilled or at room temp.
6. Note: for a creamy dressing, blend the avocado (or part of it) with the dressing ingredients. Not beautiful, but yummy.