Triple Bean Pasta Salad

A healthy twist on traditional pasta salad, this high fiber recipe is satisfying and delicious.

Serves 8

Nutrition Facts

Serving Size about 1 cup
Servings Per Recipe 8

Amount Per Serving

Calories 360	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**9%**
Total Carbohydrate 57g	**19%**
Dietary Fiber 7g	**28%**
Sugars 9g	
Protein 13g	

Vitamin A 10% • Vitamin C 15%

Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Ingredients

- 8 ounces whole grain pasta shells
- 1 pound green beans, trimmed and cut into thirds
- 1 can pinto beans (15 ounces), rinsed and drained
- 1 can chickpeas (15 ounces), rinsed and drained
- 1 bunch green onions, thinly sliced
- 5 stalks celery, thinly sliced
- salt and pepper to taste

Dressing

- 2 tablespoons honey or maple syrup
- ¼ cup olive oil
- ⅓ cup white wine vinegar
- 2 tablespoons dijon mustard

Directions

1. In a large pasta pot, boil pasta in salted water according to package instructions.
2. When 3 minutes remain in cooking time, add green beans to pot.
3. Drain and rinse with cold water.
4. In a large bowl, combine honey or maple syrup, olive oil, vinegar and mustard. Whisk together well.
5. Add remaining ingredients and toss together.

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