



## Lentil & Chickpea Pasta Salad

2 servings

15 minutes

### Ingredients

113 grams Chickpea Pasta  
 2 cups Lentils (from the can, drained and rinsed)  
 2 tbsps Red Onion (finely chopped)  
 1 Red Bell Pepper (diced)  
 1/2 Cucumber (diced)  
 1/4 cup Pitted Kalamata Olives (finely chopped)  
 2 cups Baby Kale  
 2 tbsps Balsamic Vinaigrette  
 Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
- 2 In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, olives, and baby kale. Add the dressing and mix well. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.  
**Serving Size:** One serving is equal to approximately three cups.  
**More Flavor:** Serve with parmesan cheese and basil leaves.

### Nutrition

Amount per serving	
Calories	544
Fat	12g
Carbs	85g
Fiber	27g
Sugar	15g
Protein	35g
Cholesterol	0mg
Sodium	276mg
Vitamin A	2013IU
Vitamin C	82mg
Calcium	176mg
Iron	14mg
Selenium	6µg