

# Recipe for

## Vegan Pasta Salad



SERVES 4

PREP TIME/TOTAL  
TIME 20 min / 35 min

### NUTRITION INFORMATION

Total Calories 1802 / 1156 calories

Fat 39.7 g / 24.5 g

Protein 69.93 g / 54 g

Carbohydrates 267.6 g / 210

Fiber 69.6 g / 46 g

### INGREDIENTS

1 pound of spiral pasta (whole grain)

2 cups chopped sweet bell pepper

5 cups of broccoli florets

1 bundle of asparagus (approx 4 cups)

1 large cucumber

3/4 cup red onion

6 oz of olives in water (approx 18 olives)

1 tbsp dill - 1 tbsp balsamic vinegar

2 garlic cloves - 3 lemons

4 tbsp tahini - sea salt to taste

### DIRECTIONS

Step 1: Cook pasta according to directions. Drain and let cool

Step 2: Chop peppers and cucumbers into small rounds. Dice

the onion. Cut the broccoli into small florets. Cut the ends of

the asparagus and then cut into thirds

Step 3: In a large bowl, combine all the spices, juice of 3

lemons, vinegar, 4 tbsp of tahini and 1/4 - 1/3 cup of water.

Wisk the above ingredients until smooth.

Step 4: Toss veggies, pasta and dressing until pasta is well

coated

