

## 3 BEAN PASTA SALAD

BY: DAIRYFREEGINA

\*DAIRY FREE\*

\*VEGAN\*

\*GLUTEN FREE\*



### INGREDIENTS

- Salt and pepper
- 6 ounces small pasta shells
- 3/4 pound green beans, trimmed and cut into thirds
- 2 tablespoons Dijon mustard
- 1/3 cup red-wine vinegar
- 2 tablespoons agave (or honey if not vegan)
- 1/2 cup extra-virgin olive oil
- 1 can (15.5 ounces) pinto beans, rinsed and drained
- 1 can (15.5 ounces) chickpeas, rinsed and drained
- 4 scallions (white parts only), thinly sliced
- 5 stalks celery, thinly sliced

## DIRECTIONS

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1. In a large pot of boiling salted water, cook pasta 3 minutes less than package instructions. Add green beans and cook 3 minutes more. Drain and rinse with cold water.
2. In a medium bowl, combine mustard, vinegar, honey, and oil. Add pasta mixture, pinto beans, chickpeas, scallions, and celery; toss gently. Season with salt and pepper.

*Cook's Note : I adapted this from a Martha Stewart recipe. I use a spiral shaped Quinoa Brown Rice Pasta (gluten free) from Trader Joe's. Add more beans and less pasta to up the fiber content and lessen the carb content. I like to top this salad with radishes or grape tomatoes. If you eat meat or fish this is a good salad to serve with grilled chicken or shrimp.*