

Pasta Salad with Snow Peas



Prep:

5 minutes

Total:

25 minutes

Makes:

10 full servings

Utensil:

4 Qt./3.8 L Roaster with Cover
small mixing bowl

Rate ★★★★★

Recipe:

Contributed By:

Marni Wasserman
Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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1 package
brown rice pasta (any shape you desire)
1 cup
sliced snow peas
(98 g)

Dressing

$\frac{1}{2}$
cup olive oil (120 mL) $\frac{1}{4}$
cup red wine (60 mL) 1
vinegar clove garlic, crushed 1
teaspoon dijon mustard (5 g) 1
tablespoon chopped fresh oregano, or 1 teaspoon (1 g)
dried
salt & pepper to taste

Directions:

1. In roaster, cook pasta according to instructions on package; approximately 10 - 15 minutes, drain, rinse with cold water and set aside.
2. Whisk dressing ingredients in a small mixing bowl.
3. Combine, pasta with dressing and snow peas.
4. Chill for a few hours and serve!

Nutritional Information per

Serving

Calories: 254

Total Fat: 11g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 242mg
Total 35g
Carbs:
Dietary Fiber: 1g
Sugar: 0g
Protein: 4g
