



Spider Demo Kitchen

Fresh Pasta Salad

yield: 6 servings



Ingredients:

3 cups	Uncooked pasta (penne, fusilli, bowtie)
2 cups	Cherry tomatoes, halved
1 (14oz) can	Chickpeas, drained and rinsed
1 cup	Persian cucumbers, sliced
1 cup	Feta cheese, crumbled
1 cup	Basil leaves, torn
1/4 cup	Olive oil
3 TBSP	Lemon juice
1 tsp	Dijon mustard
3 cloves	Garlic cloves, minced or grated
1/4 tsp	Red pepper flakes
3/4 tsp	Kosher salt
1/2 tsp	Dried Italian seasoning

Instructions:

1. Bring a large pot of salted water to a boil, cook pasta according to package instructions.
2. Meanwhile, in a small bowl whisk together olive oil, lemon juice, mustard, garlic, red pepper flakes, salt, and Italian seasoning. Set aside.
3. Once pasta is done cooking, drain and toss it with a little bit of olive oil. Let it cool to room temp.
4. In a large bowl, add the cool pasta, tomatoes, chickpeas, feta, and basil. Pour the dressing over everything and toss to coat. Taste and adjust seasonings as needed. This tastes even better after sitting and marinating for a day!

Note: omit feta for vegan version.

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