

Plate Dream

Easy High Protein Pasta Salad

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz whole-grain rotini pasta
- [ ] 1 cup cooked chickpeas
- [ ] 1 cup black beans, rinsed
- [ ] 1/2 cup shelled edamame
- [ ] 1 cup cucumber, diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 2 tbsp fresh parsley, chopped

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] 1/2 tsp honey (optional)
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Cook the rotini in salted water until al dente, about 8-9 minutes. Drain and rinse under cold water to stop the cooking.
2. While the pasta cools, whisk together olive oil, lemon juice, Dijon mustard, honey, salt, and pepper in a small bowl. Let it sit for a minute.
3. In a large mixing bowl, combine the cooled pasta, chickpeas, black beans, edamame, cucumber, cherry tomatoes, and red onion.
4. Pour the vinaigrette over the salad, toss gently, and finish with fresh parsley sprinkled on top.
5. Let the salad rest for 10 minutes before serving to allow flavors to meld.

Nutrition per serving

420 kcal	18 g	55 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter note, add a drizzle of honey to the dressing.
- For extra crunch, toast some pine nuts or sliced almonds.
- Taste and adjust seasoning right before serving.