

Creamy Pesto Pasta Salad

Ingredients

For the salad:

- ½ package dry whole wheat pasta
- ½ cup cherry tomatoes, halved
- ½ cup frozen peas, thawed
- ½ cup small broccoli florets
- ½ cup canned pinto beans, rinsed and drained
- ½ cup canned dark red kidney beans, rinsed and drained
- 2 green onions, sliced
- Handful of fresh spinach or arugula
- Optional: 5-6 oz cooked chicken or protein of choice

For the dressing:

- Zest of 1 lemon + juice from half a lemon
- 2 tablespoons green pesto
- 3 tablespoons thick plain Greek yogurt
- 2 tablespoons grated Parmesan cheese
- Salt and pepper to taste



Instructions

1. Bring a large pot of salted water to a boil. Add the pasta and cook according to package instructions until al dente. Drain and rinse with cold water to stop the cooking. Set aside to cool.
2. In a bowl, whisk together the Greek yogurt, pesto, lemon zest, lemon juice, and Parmesan cheese. Add salt and pepper to taste. You want it bright, tangy, and creamy.
3. In a large mixing bowl, combine the cooled pasta with the beans, broccoli, peas, cherry tomatoes, green onions, spinach or arugula, and any other add-ins. Toss gently.
4. Pour the dressing over the pasta salad and toss everything to coat well. Sprinkle with additional Parmesan if desired.