

## **IMPACT HEALTHY RECIPE:**

### **SUMMERTIME PASTA SALAD WITH GREEN BEANS, GRAPE TOMATOES & GRILLED CHICKEN**

This is an awesome recipe that is SUPER healthy (containing healthy, alkaline foods with added protein!):



#### **PASTA SALAD INGREDIENTS:**

1 (16-oz.) package Tri-Colored Brown Rice Pasta (found in the healthy section near the seafood at the Hillsborough Shop-Rite). You can also use any variety of brown rice pasta (it's gluten-free and alkaline balanced which is much better for you!)

1 (8-oz.) package (or two cups) thin green beans (the skinny ones are best for salads), cut into 1 1/2-inch pieces

1 pint grape tomatoes, halved

3/4 cup Lemon-Shallot Vinaigrette (see recipe for dressing below)

1/4 cup chopped fresh dill

#### **LEMON-SHALLOT VINAIGRETTE INGREDIENTS:**

1/2 cup fresh-squeezed lemon juice

1/4 cup apple cider vinegar

1 minced shallot

3/4 cup olive oil

1/4 cup minced fresh flat-leaf parsley

1 tablespoon honey

1 tablespoon Dijon mustard

Salt and pepper to taste

**DIRECTIONS:** Cook pasta according to package directions, adding green beans to boiling water during last 2 minutes of cooking time; drain. Rinse pasta mixture under cold running water until cool; drain. Toss together pasta mixture, tomatoes, and vinaigrette. Cover and chill up to 24 hours, if desired. Just before serving, stir in dill, and add salt and pepper to taste.

**ENJOY**

