

!IMPACT HEALTHY RECIPE SHARE:

High Protein – WOOHOO!

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

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



PASTA SALAD INGREDIENTS:

- 1 (16-oz.) package Barilla Red Lentil or Chick Pea Pasta.
- 1 (8-oz.) package (or two cups) thin green beans (the skinny ones are best for salads), cut into 1 ½-inch pieces
- 1 pint grape tomatoes, halved
- ¾ cup Lemon-Shallot Vinaigrette (see recipe for dressing below)
- ¼ cup chopped fresh dill

LEMON-SHALLOT VINAIGRETTE INGREDIENTS:

½ cup fresh-squeezed lemon juice
¼ cup apple cider vinegar
1 minced shallot
¾ cup olive oil
¼ 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