

Mediterranean Pasta Salad

Serves 4 as a main meal

Salad:

½ lb. pasta	1 cup Kalamata olives, pitted
½ cup roasted red peppers, diced	½ sweet onion, quartered and thinly sliced
1 15oz can chickpeas, drained	1 tablespoon capers, drained
1 15oz can kidney beans, drained	4 tablespoons pine nuts
2 large tomatoes, diced	
1 cucumber, peeled and diced	

Dressing:

Small handful fresh basil leaves, roughly chopped	3 tablespoons red wine vinegar
Small handful parsley leaves, roughly chopped	1 teaspoon pepper
3 cloves garlic, minced	1/3 cup olive oil
	Salt, to taste (optional)

Cook pasta according to directions – boil until al dente – drain and rinse with cold water. Heat olive oil a large sauté pan until hot. Add onion, pine nuts, and sauté for 2 minutes. Then add tomatoes and sauté for another minute. Do not overcook. Remove from heat. In large mixing bowl add cooked pasta, sautéed mixture, and remaining ingredients, and gently toss to mix well. Serve.