

Juicy Veggie Pasta Salad

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 400g your favourite dried pasta*
- 2 cups cherry tomatoes, halved
- 1/2 cup chopped, sundried tomatoes
- 1 sweet yellow pepper, chopped
- 1/2 cup kalamata olives
- 3/4 cup loosely packed chopped fresh herbs (basil, rosemary, parsley)
- Juice from 1 fresh lemon
- 1/4-1/3 cup extra-virgin olive oil
- OPTIONAL: 1/2 cup Feta cheese
- Sea salt and pepper to taste

Instructions:

1. Cook pasta according to label instructions, al dente. Drain water and rinse the pasta through cool water.
2. Place pasta in a large salad bowl, drizzle with some olive oil (so the pasta doesn't stick while it cools) and place in fridge to keep chilled.
3. Meanwhile, chop all the veggies. Be sure to use fresh herbs, as it's key to the wonderful taste of this pasta salad. You can use any fresh herbs you have on hand.
4. Prepare the salad dressing. In a small bowl, combine lemon juice and extra-virgin olive oil.
5. Remove the pasta from the fridge, add the veggies, olive, fresh herbs and dressing. Top with feta if using and serve right away or refrigerate until serving. The longer all the ingredients sit together, the tastier it gets! Just keep in mind gluten-free pasta sometimes gets hard if it sits overnight.
6. EnJOY as your main or as a side dish.

Notes:

This recipe serves 4. I used a gluten-free penne which was a blend of different gf flours.