

SPINACH AVOCADO PASTA SALAD



Salad Ingredients:

- 2 1/2 cups penne noodles
- 2 cups fresh spinach
- 1/2 of a bunch of cilantro
- 1/4 cup onion, finely diced
- 2 garlic cloves, minced
- 2 avocados, diced
- 1 can chickpeas, drained and rinsed
- 1 cup halved cherry tomatoes

Dressing Ingredients:

- Juice from one lemon
- 2 tsp. olive oil
- 1 tsp. granulated sugar
- 2 tsp. dijon mustard
- 1/2 tsp. cumin
- Salt and pepper, to taste

Supplies:

- Medium mixing bowl
- Small mixing bowl
- Food processor
- Pot
- Strainer
- Spatula
- Mixing spoon

Direction:

1. Cook pasta until al dente. Drain pasta and set off to the side.
2. In a food processor, place cilantro and spinach. Chop into tiny pieces.
3. Add the green mixture to a medium bowl. Stir in garlic, onion, tomatoes, avocado and chickpeas.
4. Add the penne noodles and stir well.
5. In a small bowl, mix together dressing ingredients. Pour dressing over top of the pasta salad. Stir until everything is well coated.
6. Refrigerate for 10-15 minutes before serving.