



Lemon & Pea Pasta Salad

Ingredients

- 1 box of brown rice pasta, cooked and chilled
- 1 cup frozen peas, thawed
- 3 green onions, sliced
- 1 TBSP fresh lemon juice
- 3 TBSP extra virgin olive oil
- 1 tsp lemon zest
- Salt and black pepper, to taste
- 2 TBSP shredded Parmesan cheese (optional)

Directions:

1. In a large pot over the stove, cook pasta according to box instructions; Allow to chill
2. Defrost peas and add to a large bowl with chilled pasta
3. Add green onions; Mix to combine
4. In a small bowl, whisk together dressing ingredients; Pour over pasta salad and toss to coat
5. Optional to garnish with Parmesan cheese; Serve and enjoy!

Cookware needed:

- Large pot
- Large bowl
- Small bowl
- Zester

Cost: \$

Ease: 

Health Benefit: Peas are a good source of plant-based protein and fiber to keep you fuller for longer and promote gut health. Lemons are low in sugar and contain vitamin C to boost immunity.