

Greek Style Lentil Pasta Salad

The Vegan Gym · Lunch · GF · SF

580 cal · 38g protein · 72g carbs · 18g fat · 4 servings

Ingredients

- 8 oz chickpea rotini pasta dry (like Banza)
- 2 packages baby kale washed (284g)
- 1 large onion diced
- 1 large bell pepper diced
- 2 large cucumbers diced
- 2 cups cherry tomatoes halved
- ½ cup kalamata olives
- 4 cans lentils drained and rinsed
- ¼ cup sunflower seeds
- 3 tbsp balsamic vinegar
- iodized salt and pepper to taste

Instructions

1. Cook chickpea pasta according to package directions. Drain and rinse under cold water.
2. Drain and rinse the canned lentils.
3. In a large bowl, combine cooled pasta, lentils, diced onion, diced bell pepper, diced cucumbers, halved cherry tomatoes, kalamata olives, and baby kale.
4. Drizzle with balsamic vinegar and season with salt and pepper. Toss to combine.
5. Top with sunflower seeds.
6. Serve immediately or refrigerate. This pasta salad keeps well for 4-5 days and is great for meal prep.

Generated by Meal Planner · Per serving macros