

Summer Veggie Pesto Pasta Salad

A delicious pasta salad featuring garden fresh vegetables and an almond-hemp heart basil pesto.



Pesto Ingredients

- 1 cup packed fresh basil
- ¼ cup hemp hearts
- ¼ cup slivered almonds
- ¼ cup sun-dried tomatoes (8)
- ¼ cup water
- 2 Tbsp nutritional yeast
- ¼ cup fresh lemon juice
- 1 Tbsp minced garlic
- ¼ tsp red pepper flakes
- ¼ tsp pepper
- salt to taste (optional)

Pasta Salad Ingredients

- 12 ounces pasta*
- 3 cups cherry or grape tomatoes, halved
- 1 cup zucchini, cubed
- 1 cup carrots, julienned
- ½ cup roasted peppers
- 1 cup cucumber, cubed
- ½ cup purple onion, thinly sliced
- ½ cup Kalamata olives, quartered
- 1 cup pesto recipe (above)

Instructions

1. Process all of the pesto ingredients in a food processor and until minced well. But be careful not to process it too much. You don't want it to be smooth.
2. Cook the pasta according to the package directions, then drain and rinse with cool water.
3. Add the pasta back into the pot, along with the remaining pasta salad ingredients. Gently toss to combine.
4. Store any unused portion covered in the refrigerator for up to 3 days.

Notes

* I used chickpea pasta; but you can use any kind of pasta in this salad.