

Pasta Salad with Fresh Tomato and Avocado



Ingredients

3 cups whole wheat pasta, cooked	1/4 tsp salt
1/4 cup red onions, minced	1/4 tsp black pepper
1 pint cherry tomatoes, quartered	6 oz firm silken tofu
1 can chickpeas, drained and rinsed (15 oz)	1/4 cup almonds
1/4 cup fresh basil leaves, finely chopped	2 Tbsp lemon juice
2 avocados, diced	2 Tbsp apple cider vinegar
1 1/2 cup frozen corn	1 tsp honey
	1 tsp Dijon mustard

Instructions

In a large bowl, combine onions, tomatoes, chickpeas, basil, avocado and corn. Add cooked pasta and season with salt and pepper. For the dressing blend the tofu, almonds, lemon juice, vinegar, honey and Dijon mustard in a food processor until smooth. Pour over pasta mixture and toss. Chill and serve cold.

Reference: The China Study Cookbook

Nutrition Information Per Serving

Serving Size: 3/4 cup

Serves 12

Calories: 190

Fat: 6 gm

Sodium: 210 mg

Fiber: 6 gm

Carbohydrates: 28 gm

Protein: 7 gm