

### Pasta Salad with Fresh Tomato and Avocado

Serves: 6- 3/4 cup

amount	unit	Ingredients:
1.5	cups	whole wheat pasta, cooked
0.25	cup	red onions, minced
1	cup	cherry tomatoes, quartered
1	cup	chickpeas, drained and rinsed
2	Tbsp	fresh basil leaves, finely chopped
1	each	avocado, diced
1	cup	frozen corn
0.25	tsp	salt
0.25	tsp	black pepper
3	ounces	firm silken tofu
2	Tbsp	walnuts
1	Tbsp	lemon juice
1	Tbsp	apple cider vinegar
0.5	tsp	honey
0.5	tsp	Dijon mustard

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, walnuts, lemon juice, vinegar, honey and Dijon mustard in a food processor until smooth. Pour over pasta mixture and toss. Chill and serve cold.

#### Nutritional Information:

Calories: 190; Carbohydrates: 28g; Fiber: 6g; Protein: 7g; Fat: 7g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 210mg

Reference: The China Study Cookbook