

## Pasta Salad

### **Ingredients**

- 1 cup black beans
- 1 cup corn
- 2 green onions, sliced
- 1 long carrot shredded
- 3-4 parsley leaves (fresh or powder)
- $\frac{1}{2}$  yellow pepper
- $\frac{1}{2}$  red pepper
- Mayo (GFCF substitute: Almond paste, Cashew paste: Soak Almond/Cashew overnight or for could off hrs in hot water)
- Salsa
- Sour cream (GFCF substitute: GFCF yogurt)
- Seasoning:
  - Garlic powder
  - Onion powder
  - Oregano
  - Smoked paprika
  - Salt to taste
  - Black pepper
  - Lemon pepper/ lemon juice

## STEPS

1. Boil the pasta (3 cups) for 8-10 minutes or until al dente (slightly undercooked).
2. Cut the vegetables – red pepper, yellow pepper, green onions(scallions), celery, olives, cucumber, red onions (whatever easily available)
3. Add 3 tbsp of mayo(almond/Cashew paste), 3 tbsp of salsa, 4 tbsp of sour cream(GFCF yogurt) to the mixing bowl, and mix them together.
4. Add  $\frac{1}{4}$  teaspoon of oregano, parsley, onion powder, garlic powder, lemon pepper to the mixing bowl.
5. Add together the cut vegetables in the mixing bowl.
6. Add 1 cup corn to the mixing bowl.
7. Add 1 cup black beans to the mixing bowl.
8. Add boiled pasta to the mixing bowl and fold it into the marinade.
9. Add shredded cheese to the top.
10. Keep aside in the refrigerator for 20 minutes.

Enjoy your pasta salad with Family!