



Kamut Vegetable Spiral Pasta Salad with Artichokes, Red Onion and Garbanzo Beans over Bibb Lettuce

prep time:
15 minutes*

cook time:
10 minutes

makes 6 servings

*chill time extra

grocery list

Eden Organic Kamut Vegetable Spirals	sun-dried tomatoes
ShopRite imported artichoke hearts	4 oz. part-skim mozzarella cheese
light red kidney beans	Simply Organic Italian Seasoning
chickpeas	ShopRite red wine vinegar
ShopRite imported roasted red peppers	Filippo Berio Extra Virgin Olive Oil
green bell pepper	fresh basil
	Bibb lettuce

kamut vegetable spiral pasta salad with artichokes, red onion and garbanzo beans over bibb lettuce

3 cups cooked **Eden Organic Kamut Vegetable Spirals**

$\frac{2}{3}$ cup chopped **ShopRite imported artichoke hearts**

$\frac{1}{2}$ cup light red kidney beans

$\frac{1}{2}$ cup chickpeas

$\frac{1}{2}$ cup diced **ShopRite imported roasted red peppers**

$\frac{1}{2}$ cup diced green bell pepper

$\frac{1}{2}$ cup chopped sun-dried tomatoes

4 oz. part-skim mozzarella cheese, cubed

1 tbsp. **Simply Organic Italian Seasoning**

$\frac{1}{2}$ cup **ShopRite red wine vinegar**

2 tbsp. **Filippo Berio Extra Virgin Olive Oil**

Chopped fresh basil

Bibb lettuce leaves

1. Cook pasta according to package directions, about 10 minutes; let cool. In large bowl, toss pasta with artichoke hearts, kidney beans, chickpeas, bell pepper, sun-dried tomatoes, cheese and Italian seasoning.
2. Drizzle pasta mixture with vinegar and olive oil; sprinkle with salt and pepper to taste; toss to mix well. Cover and chill at least 30 minutes. Garnish with fresh basil and serve over fresh Bibb lettuce leaves.

Per Serving: 405 calories, 56g carbohydrate, 18g protein, 13g fat, 5g saturated fat, 6g fiber, 15mg cholesterol, 964mg sodium

cook's journal

kitchen tools

chef's knife

cutting board

can opener

measuring utensils

large pot

colander

large bowl

wooden spoon

recipe note

Kamut is often called the "grandfather of grains." It has a delicious nutty flavor and a higher nutritional value than other types of wheat.

a good idea

Make this pasta salad a day ahead so all the flavors can meld.

