



Columbia Grain™

CULTIVATING GROWTH™

# RECIPE

## Kidney Bean Chickpea Pasta Summer Salad with Orange-Tahini Dressing

Impress your guests at your next summer dinner party with this colorful pasta salad brimming with kidney beans and fresh herbs.

### INGREDIENTS

- One 8 oz package pasta, shells, made with chickpea flour
- 2 cans red kidney beans
- 1 cup grape or cherry tomatoes
- ½ chopped cup olives
- ½ sliced red onion
- ⅔ cup walnuts, for crunch
- ¼ cup parsley
- pinch salt

#### NO BLENDER ORANGE TAHINI DRESSING

- ¼ cup tahini
- ¼ cup orange juice, plus 2 tbsp (the juice of 1 1/2 oranges)
- 2 cloves minced garlic
- 3 tbsp lemon juice
- sprinkle dill, for color (optional)
- ¼ tsp salt

### INSTRUCTIONS

1. Prepare the pasta as per packaging instructions. You can do this step the night before to make things go even quicker. If you don't have specific instructions – bring about 3 quarts of water to a boil, add a pinch of salt, and then add pasta and stir occasionally. Boil for 5 to 7 minutes or until pasta is soft and tender. Drain the pasta using a colander and then set aside and let it cool down.
2. Prepare the orange tahini dressing. Add all ingredients listed under 'dressing' to a measuring cup or bowl, and using a whisk gently combine until smooth. Set aside.
3. Chop all the veggies (tomatoes, olives, onions, parsley, and walnuts) and add to the pasta bowl once the pasta is room temperature and gently combine. Add a pinch of salt, black pepper, and dill weed to taste. Add the dressing to the bowl and combine until evenly coated.
4. You can serve right away as is, but I prefer to let it sit in the fridge for an hour or two before serving.

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