



Refreshing Sourdough Pasta Salad

by Renée Altman RHN, Verity Nutrition

Prep time: 10-20 minutes

Makes: 1 large serving, two small servings

Ingredients:

- 100 grams Kaslo Sourdough Buckwheat Pasta
- 1/3 cup fresh parsley, chopped
- 1/8 cup fresh mint, chopped
- 1/2 cup cherry tomatoes, chopped
- 1 scallion, chopped
- 1 small garlic clove, minced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste

Method:

1. Boil water with a pinch of salt, add pasta and cook to desired firmness (5-8 minutes)
2. Meanwhile, chop and mince vegetables
3. Once pasta has finished cooking, let cool
4. Combine remaining ingredients to cooled pasta

Serve and Enjoy!