



Waldorf Sourdough Pasta Salad

by Renée Altman RHN, Verity Nutrition

Prep time 15-20 minutes

Makes 1 large serving, two small servings

Ingredients

- 100 grams Kaslo Sourdough Amaranth Pasta
- 1 can flaked tuna, drained
- ½ cup organic red grapes, cut in half
- ½ small organic apple, chopped
- 1 celery stock, finely chopped
- 1 tablespoon pumpkin seeds (pepitas)
- 1 teaspoon sunflower seeds
- 2 ½ tablespoons organic full fat plain yogurt
- 1 tablespoon lemon juice
- unrefined sea salt and freshly cracked pepper to taste

Method

1. Boil water with a pinch of salt, add pasta and cook to desired firmness (5-8 minutes)
 3. Chop vegetables and fruit; add all ingredients into a bowl, except for grapes
 4. Cool pasta when finished
 5. Combine all ingredients with pasta
- Serve and enjoy!