



High protein pasta Salad

Ingredients

- 1 (8-ounce) box chickpea rotini
- ¼ cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice (from 1 large lemon)
- 2 teaspoons za'atar, plus extra for garnish
- 1 teaspoon finely chopped fresh thyme, plus extra for garnish
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon ground black pepper, plus extra for garnish
- 1 small cucumber, quartered and sliced (about 2 cups)
- 1 pint cherry tomatoes, halved (about 2 cups)
- 1 (15-ounce) can no-salt-added chickpeas, rinsed and drained
- 1 (12-ounce) jar roasted red peppers, drained and chopped (about 1¼ cups)
- 1 medium red onion, thinly sliced (about 1 cup)
- 1 (8-ounce) package fresh mozzarella pearls

Instructions

1. Bring a large pot of water to a boil over high heat. Add the chickpea pasta, reduce heat to maintain a lively simmer, and cook undisturbed until tender, about 6 to 7 minutes. Drain the pasta and rinse with cold water to stop cooking. Spread it evenly on a large rimmed baking sheet and let it cool at room temperature for 10 minutes.
2. While the pasta cools, whisk together olive oil, lemon juice, za'atar, thyme, cumin, garlic powder, salt, and pepper in a large serving bowl.
3. Add the sliced cucumber, halved cherry tomatoes, rinsed chickpeas, chopped roasted red peppers, sliced red onion, mozzarella pearls, and cooled pasta to the bowl. Toss gently until all ingredients are well combined and coated with the dressing.
4. Garnish with additional za'atar, fresh thyme, and a sprinkle of black pepper if desired. Serve immediately or chill for later.