

Southwest Pasta Salad

Salad:

½ lb. whole-wheat bowtie pasta	Zest from 2 limes
¾ c. halved cherry tomatoes	½ c. sliced green onions
1 can (14oz) black beans, drained and rinsed	½ c. canned corn
1 large red, yellow, or orange bell pepper, diced	

Dressing:

6 Tbsp. fresh lime juice	¼ c. white wine vinegar
4 cloves garlic	1 ½ tsp. chili powder
1 tsp. cumin	1 tsp. coriander
2 tsp. sugar	¾ c. canola oil
½ c. roughly chopped cilantro	

Cook pasta according to package, rinse, & cool. Add remaining salad ingredients. To prepare dressing, place all ingredients except oil into a blender and blend until smooth. Add oil and blend until incorporated – don't over blend! Toss salad with dressing and serve.

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All of our recipes can be found online at www.uvu.edu/wellnessed

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