

Springtime Pasta Salad



INSTRUCTIONS

- Mix all the salad ingredients in a bowl.
- Combine all the dressing ingredients in a separate bowl and blend using an immersion blender.
- You can also put all the dressing ingredients into a traditional blender.
- Toss dressing with the salad and enjoy.

SHOPPING LIST

Salad:

- 3 cups spiral pasta, cooked
- 1 cup tri-color peppers, julienne
- 1/2 cup onion, julienne
- 1 cup zucchini/yellow squash, julienne
- handful cherry tomatoes

Dressing:

- 1 bottle balsamic vinaigrette
- 3/4 cup mayonnaise
- 2 tbsp. hemp/chia seeds