

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 15: Alternate Grain Pasta Salad

From Chef Hans: This is a great high-protein, plant-based meal that can be refrigerated for future meals or for grazing throughout the day. Roasted rainbow carrots add a great color and consistency to this salad. Fresh garlic is an antimicrobial and an antifungal while containing a lot of great volatile oils. Red lentil pasta has 13 grams of protein which is comparable to a meat item. But the protein from meat can be difficult to extract, especially for someone with GI issues, that is why this recipe is a great option for us! Be sure to customize to your own preference and add or omit foods to how it works for you.

Serves 4-6

INGREDIENTS:

- 4 cups red lentil pasta, cooked to your preference*, rinsed & chilled
- 1 cup garbanzo beans
- 1 cup roasted rainbow carrots, cooled & chopped (featured in Episode 13)
- ¼ cup green onions, chopped (optional)
- 1 tablespoon fresh parsley, chopped
- 4 cloves garlic, minced
- 2 cups loose baby spinach, chopped OR frozen cooked spinach, thawed & drained (optional)
- ½ teaspoon Out of the Blue sea salt OR salt & pepper to taste
- 2 tablespoons olive oil
- 2 tablespoons white balsamic vinegar

ASSEMBLING THE SALAD:

Combine all ingredients into a large bowl. Toss together until all ingredients are coated with oil and vinegar. Chill in the refrigerator until flavors come together. Serve in your favorite “portion controlled” bowl. Add salt and pepper to taste.

*Be sure to check your pasta at its minimum cooking time as it can get mushy. Just stop cooking at your preference and after draining, rinse your pasta with cold water to remove the starches as it will make the pasta stick together. The “al dente bite” is perfect for this cold salad.