

# Loaded Veggie Brown Rice Pasta

Serves 4-6

Eat the rainbow pasta salad. The portion of nutrient dense veggies and herbs to legume protein and whole grains makes this salad a well balanced meal. With lots of leftovers means no cooking tomorrow!

## Ingredients

(12 oz) of brown rice pasta

1 lg fennel, small diced

1 red onion, small diced

1 small winter squash, small diced

avocado oil

4 cups arugula

1 can(15 oz) chickpeas, rinsed and drained

1 cup feta, optional

1/2 cup Castelvetrano olives, chopped

¼-½ cup chopped parsley

## Artichoke lemon dressing

6 oz. marinated artichokes, (approx. 1 cup)

1 small clove garlic

1 tbsp apple cider vinegar

1 tsp dijon mustard

1 large lemon zest and juice

2 tsp honey

1/2 cup chopped dill or parsley

1/3 cup extra virgin olive oil

1/2 teas sea salt and ground pepper

## Preparation

1. Preheat oven to 350. Toss fennel and red onion together with oil, a generous pinch of sea salt and pepper and spread out on a sheet tray. On a separate sheet tray toss winter squash with avocado oil and a generous pinch of sea salt and pepper and roast approximately 30 minutes or until tender and lightly browned.
2. Combine dressing ingredients in a blender or food processor, Blend until smooth consistency and set aside.
3. Cook brown rice pasta in heavily salted boiling water according to package directions. Rinse under cold water, drain well and transfer to a large bowl. Mix in desired amount of artichoke dressing
4. Toss in arugula, chickpeas, and olives. Top with feta cheese, parsley and season to taste.

## Tips:

To freshen up a can of chickpeas after rinsing and draining into a bowl add a squeeze of lemon juice, a pinch of red pepper flakes, a splash of olive oil and a pinch of salt and black pepper. A great way to liven up any salad.