

# Bloody Mary Pasta Salad



SERVINGS:

CALORIES: **310**

PREP: **10 minutes**

COOK: **10 minutes**

DAIRY-FREE, EGG-FREE, PESCATARIAN, NUT-FREE

## INGREDIENTS

¼ cup            Olive Oil  
3 tbsp          red wine vinegar  
1 tbsp          hot sauce  
1 tsp    Worcestershire sauce  
1 tsp    prepared horseradish  
1 tsp    ground celery seed  
½        lemon, juice  
1 lb      dried cavatappi pasta  
2 cups    cherry tomatoes  
2        celery ribs, sliced  
1        red bell pepper diced

## DIRECTIONS

Cook the pasta in boiling water according to the package directions. Set it aside.

Meanwhile, in a small bowl, whisk together the olive oil, red wine vinegar, hot sauce, Worcestershire sauce, horseradish, celery seed, and lemon juice. Season with salt and Pepper to taste.

In a large bowl, mix together the cooked pasta, tomatoes, celery, red bell pepper, green bell pepper, red onion, and olives. Pour the sauce over the salad and mix well. Serve immediately or store in the refrigerator for up to 5 days.

# Asian Chicken Pasta Salad



SERVINGS:

CALORIES: **350**

PREP: **10 minutes**

COOK: **10 minutes**

**EGG-FREE, DAIRY-FREE**

## Ingredients

- ¼ cup Avocado Oil
- 1 Navel Orange, juice
- 3 tbsp Rice Vinegar
- 2 tbsp Soy Sauce
- 1 tsp Honey
- ½ tsp Sesame Oil
- ½ tsp grated fresh Ginger
- 1 lb dried Farfalle pasta
- 1 cup shredded green cabbage
- 1 cup shredded red cabbage
- 2 boneless skinless chicken breasts, cooked and sliced
- ½ cup mandarin oranges
- 2 green onions, sliced
- ¼ cup chopped almonds

## DIRECTIONS

Cook the pasta in boiling water according to the package directions. Set it aside.

Meanwhile, in a small bowl, whisk together the avocado oil, orange juice, rice vinegar, soy sauce, honey, sesame oil, and ginger.

In a large bowl, combine the pasta, green cabbage, red cabbage, chicken, and the dressing.

Serve the salad immediately topped with the mandarin slices, green onions, and almonds. Store in the refrigerator for up to 3 days.

# Green Goddess Pasta Salad



SERVINGS:  
CALORIES: **410**  
PREP: **5 minutes**  
COOK: **10 minutes**

VEGAN/VEGETARIAN, DAIRY, NUT & EGG FREE, PESCATARIAN

## Ingredients

- 1 lb dried fusilli pasta
- 3 cup chopped baby spinach
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup green peas
- ¼ cup olive oil
- 1 lemon, zest & juice
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh tarragon
- 2 tbsp chopped fresh chives
- 1 avocado, sliced
- Salt & Pepper to taste

## DIRECTIONS

Cook the pasta in boiling water according to the package directions.

Once cooked, in a large bowl, combine the pasta, spinach, chickpeas, and peas. Stir in the olive oil, white wine vinegar, lemon juice, parsley, tarragon, and chives. Season with salt and pepper to taste.

Serve immediately with some avocado or store in the refrigerator for up to 3 days. Add the avocado just before serving.