



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Split Pea Pesto Pasta Salad

Split peas are the spotlight ingredient of this fresh, healthy pasta salad.

Super affordable, delicious, sustainable, and a protein-packed source of fiber, split peas require no presoaking or precooking, meaning they cook up in a flash.

INGREDIENTS

- 2 cups gluten free pasta
- ½ cup pine nuts
- ½ cup cooked green split peas
- ½ cup parmesan cheese
- 2 cups packed fresh basil
- 3 cloves peeled garlic
- 1 lemon, juiced
- ¼ cup olive oil
- ½ tsp sea salt
- ½ tsp black pepper
- 1 cup halved cherry tomatoes
- ½ cup halved sun dried tomatoes
- ¼ cup pitted and halved green olives
- 1 cup arugula
- ¼ cup parmesan cheese, to garnish (optional)

INSTRUCTIONS

1. Cook pasta according to package directions. Drain, add to a large bowl, and set aside to cool.
2. Prepare the pesto. In a food processor combine the cooked green split peas, pine nuts, parmesan cheese, basil leaves, cloves of garlic, lemon juice, and olive oil. Pulse until smooth. If the mixture is too thick, add in another tablespoon or two of olive oil.
3. In a large bowl toss together cooled pasta and pesto. Stir in tomatoes, sun dried tomatoes, olives, salt, pepper, and arugula. Garnish with optional parmesan cheese.
4. Serve immediately or store in the fridge for 1-2 days. Enjoy!



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