

# Chickpea Pasta Salad in a Jar

serves 1

For a convenient ready-to-eat salad, prepare multiple jars ahead of time and store them in the fridge for a day or two. The jarred salads are beautiful and tasty!

## **Ingredients:**

2 Tbsp finely chopped onion  
2 Tbsp red wine vinegar  
2 Tbsp olive oil  
Salt and pepper

¼ cup canned chickpeas, rinsed  
1 cup cherry tomatoes, halved  
½ cup grated carrots  
1 cup cooked pasta, any shape  
1 ½ cup chopped salad greens or cucumber

¼ cup parsley (optional)  
2 Tbsp feta or other cheese (optional)  
2 Tbsp olives (optional)



## **Directions:**

In a 1 quart jar, shake onion, vinegar, oil, and a pinch each of salt and pepper. Add chickpeas and gently shake to coat.

Top with tomatoes, pasta, greens and optional ingredients. When ready to serve, turn upside down and let sit for two minutes for the dressing to run over the rest of the ingredients.

**Enjoy!**

## **Substitutions:**

- Add brown rice, quinoa or other cooked grain instead of cooked pasta
- Try using kidney beans or cooked lentils instead of chickpeas
- Sliced hardboiled egg would be a nice addition too
- Substitute the red wine vinegar with lemon juice or balsamic vinegar



adapted from Good Housekeeping Test Kitchen