



RECIPE | TOMATOES

MEDITERRANEAN KALE PASTA SALAD



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30 min

15 min | **15 min**
PREP. | COOKING



6



easy

INGREDIENTS

For the salad:

- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- $\frac{1}{2}$ red onion, thinly sliced
- 15 oz** can chickpeas, rinsed
- 8 oz** kale, chopped
- 2 cups** penne pasta
- $\frac{1}{2}$ **cup** Parmesan, grated
- Salt and pepper, to taste

For the dressing:

- 1** clove garlic, minced
- $\frac{1}{2}$ **cup** olive oil
- 3 tbsp** balsamic vinegar
- 2 tbsp** mayonnaise
- $\frac{1}{2}$ **tbsp** Dijon mustard
- $\frac{1}{2}$ **tbsp** dried basil
- $\frac{1}{4}$ **tsp** salt
- $\frac{1}{4}$ **tsp** freshly cracked black pepper

DIRECTIONS

- 1** Make the vinaigrette first and set it aside.
- 2** Bring a pot of water to a boil for the pasta. Once boiling, add the pasta and boil until tender (7-8 minutes). Drain the pasta in a colander and allow it to cool.
- 3** Add the kale to a large bowl. Drizzle $\frac{1}{2}$ of the prepared balsamic dressing over the kale and then use your hands to massage the dressing into the kale. Massage the kale for 3-5 minutes or until it has wilted to half its volume.
- 4** Add the drained and cooled pasta to the bowl with the kale and tomatoes, onions, chickpeas, and parmesan.
- 5** Pour the rest of the dressing and stir the salad combined and coated in the dressing.
- 6** Add salt and pepper, then serve.