



RECIPE | TOMATOES

MEDITERRANEAN KALE PASTA SALAD



15 min
PREP.



6



easy

30 min

15 min
COOKING

INGREDIENTS

For the salad:

1 dry pint Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
½ red onion, thinly sliced
15 oz can chickpeas, rinsed
8 oz kale, chopped
2 cups penne pasta
½ cup Parmesan, grated
Salt and pepper, to taste

For the dressing:

1 clove garlic, minced
½ cup olive oil
3 tbsp balsamic vinegar
2 tbsp mayonnaise
½ tbsp Dijon mustard
½ tsp dried basil
¼ tsp salt
¼ 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 ⅓ 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.

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