



### **Whole Wheat Pasta Salad**

#### *Ingredients:*

2 cups whole wheat penne pasta  
15 oz cannellini beans  
2 tomatoes, chopped  
1 cup broccoli  
1/4 white onion  
1/2 jalapeno  
1 clove garlic  
1/2 bunch parsley  
1 oz extra virgin olive oil  
1 oz balsamic vinegar

#### *Preparation:*

Cook the pasta according to directions on package.  
Lightly saute the jalapeno, onion, and garlic until garlic is golden, about 2 minutes and set aside.  
Blanch the broccoli for a few minutes and remove from water.  
Combine all ingredients in a large mixing bowl, dress with balsamic vinegar.

**(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)**

