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**BEAN AND PASTA SALAD**

Here’s another E2 recipe which makes a good lunch. The original recipe calls for whole wheat orzo but I couldn’t find it so any whole wheat or gluten free pasta will do.

Makes 1 medium serving

**Ingredients:**

* ¼ cup + 1 Tbs. whole wheat pasta (orzo if possible) or brown rice pasta
* 1 cup baby kale, chopped fine
* 2 Tbs. fresh parsley, chopped fine
* ¼ red pepper, diced
* ¼ can no-salt canned black beans (or 1/3 cup precooked)
* 2 Tbs. walnuts, chopped
* 1 Tbs. water
* ½ tsp. mustard
* ½ tsp. paprika
* ¼ tsp. chili powder
* ¼ lime

Optional: Sea salt and pepper, hot sauce or cayenne pepper

**Method:**

1. Cook the whole wheat orzo according to the directions on the package. When ready, drain the water.
2. In a small bowl, whisk together the dressing ingredients: water, mustard, chili powder, and paprika.
3. Chop the baby kale and fresh parsley into tiny pieces. Dice the red pepper.
4. Drain and rinse the canned black beans.
5. In a larger bowl, mix together the vegetables, pasta, beans, and dressing. Squeeze a lime wedge over the dish, and add additional seasoning (salt and pepper) to taste. Add hot sauce or cayenne pepper for additional flavor.