

Tuna-LESS Pasta Salad

SERVINGS
8

PREP TIME
10 MIN

COOK TIME
10 MIN

TOTAL TIME
20 MIN

Ditch the tuna and embrace flavor! This vibrant vegan pasta salad bursts with protein-rich chickpeas, zesty aromatics, and a creamy vegan dressing. Perfect for potlucks or anytime!



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Ingredients

Directions

1

•1 (16oz Package) of Favorite Noodles (Bow Tie/Farfalle, Shells, Elbow, etc.)

■ Prepare noodles. For perfectly al dente noodles in your pasta salad, cook them according to the package instructions, **minus 1-2 minutes**. This ensures they retain their shape won't become mushy as they absorb the dressing.
■ Rinse noodles under cold water until chilled, then set aside.

2

•1 (15oz) Can Chickpeas

■ Drain and rinse can of chickpeas. Remove any visible detached husks.
■ Pour into mixing bowl and mash with fork until large chunks are gone.

3

•1 Small Red Onion
•3 Ribs Celery

■ Dice onion and celery and add to mixing bowl.

4

•1 C Vegan Mayo
•¼ C Nutritional Yeast
•1 tsp Dijon Mustard (or preferred mustard)
•1 tsp Old Bay Seasoning
•1 tsp Natures Seasons (or salt & pepper to taste)

■ Add mayo, mustard and seasonings to bowl and mix well until fully incorporated.
■ Taste and add more mayo and spices as desired.

5

•1 C Frozen Peas

■ Gently thaw frozen peas in colander under water. Once thawed add to bowl and gently fold together.

TO SERVE

•Salt & Pepper (to taste)

■ For the best flavor, let the pasta salad sit for at least 15 minutes before serving. This allows the flavors to meld together beautifully.
■ Perfect For A Potluck: Best enjoyed the day it's made for optimal freshness. However, leftovers will keep well in the refrigerator for several days.
■ The noodles will soak up some of the dressing as the salad sits. Reserve a bit of extra mayo to add before serving, if needed, for optimal creaminess.