

Herbed Pasta Salad (vegan)

- 1 box whole wheat pasta
- 1 cup olive oil
- ½ cup basil, chopped
- ½ cup parsley, chopped
- ½ cup cilantro, chopped (optional)
- 1 cucumber
- 1-½ cup tomato
- 1 bell pepper
- Salt and pepper to taste

Prepare pasta according to box directions, drain and set aside to cool. Chop herbs and add to a bowl plus olive oil and salt and pepper to taste. Mix well, slightly mashing herbs to release flavor. Chop tomatoes, cucumber and pepper into bite sized pieces. Combine herb oil mix, pasta and vegetables in a large bowl. Mix until well combined and serve chilled.

Prepare the night before for even stronger herb flavors. It's a great cool down after a long day and a great addition to a picnic.

Change it up: Add pine nuts and sliced raw carrots for extra crunch, or you could add chicken chunks or tuna for extra protein.