

SHRIMP PASTA SALAD



INGREDIENTS:

- 3 serving chickpea rotini (~6 oz raw)
- 9 oz cooked shrimp
- 1 large avocado
- 1/4 cup chopped red onion
- 15 grape tomatoes
- 1 small cucumber
- juice from 1 large lemon
- 1.5 oz reduced fat feta cheese
- dash salt & pepper

DIRECTIONS:

- 1) Cook pasta according to package instructions
 - 2) While pasta is cooking chop the veggies per preference
 - 3) Once pasta is cooked, rinse with cold water
 - 4) Add cooked pasta to a large bowl, add all the veggies, and toss together
 - 5) Add the juice from 1 lemon and a dash of salt and pepper, toss together
 - 6) Separate into 3 equal servings (~1.5-2 cups)
 - 7) Top each serving with 3 oz shrimp and 0.5 oz of feta cheese
- Enjoy!

Makes 3 Serving | 1 Serving = ~1.5 cups with 3 oz Shrimp
Calories: 334 | Protein: 37 g | Carbs: 45 g | Fat: 16 g | Fiber: 11 g