



MINT PEA PASTA SALAD

🍴 PREP: 10 min COOK: 10 min
TOTAL: 20 min SERVES: 6-8

16 oz whole wheat penne pasta
4 tablespoons extra virgin olive oil
10 mint leaves, chiffonade
1 cup frozen peas
2 ounces parmesan cheese,
shredded
Salt and black pepper to taste

1. Bring a pot of lightly salted water to boil. Add the penne pasta and boil until al dente. Drain and transfer the pasta to a large mixing bowl.
2. Add the olive oil, mint leaves and peas; stir.
3. Cover the bowl and place in the refrigerator to chill until cold.
4. Add the parmesan, salt, and black pepper just before serving.