



BODYBUILDING.COM™

Sardine Pasta Salad

Ingredients:

Whole-grain penne or rotini, 12 oz.
Sardines (packed in water, olive oil or tomato sauce), 12-16 oz.
Cherry or grape tomatoes, halved, 1 pint
Roasted red pepper or Peppadew peppers, sliced, 1 cup
Carrots, chopped, 2 large
Parsley, chopped, 3/4 cup
Walnuts, roughly chopped, 1/3 cup
Extra-virgin olive oil, 3 tbsp
Lemon zest, 2 tsp
Lemon juice, 1/2 lemon
Fresh thyme, 1 tbsp
Salt, 1/2 tsp
Red chili flakes, 1/4 tsp
Black pepper, 1/4 tsp

Directions:

1. In a large pot of salted boiling water, cook pasta to al dente according to package directions. Drain pasta and return to pan.
2. Add sardines, tomatoes, roasted red pepper, carrots, parsley and walnuts. Whisk together olive oil, lemon zest, lemon juice, thyme, salt, red chili flakes and black pepper. Add dressing to pasta and toss to coat.