

Gluten-Free Pasta Salad

Servings: 6 – 8

Prep time: 15 minutes

Cook time: 10 minutes

Ingredients:

- 12 ounces gluten-free rotini or penne pasta
- 1 cup chopped cucumber (I peel mine)
- 1 cup cherry tomatoes, halved
- 1/2 cup chopped red onion (omit for low FODMAP)
- 1/2 cup chopped bell pepper
- 1/4 cup chopped fresh basil (optional)
- 1/4 cup feta cheese (omit for dairy free)
- 1/4 cup kalamata olives, pitted
- 1/2 cup gluten-free Italian dressing (store-bought or homemade)

Directions:

Step 1

Cook Pasta: Cook the gluten-free pasta according to package directions. Drain and rinse with cold water to stop the cooking process.

Step 2

Combine Ingredients: In a large bowl, combine the cooked pasta, cucumber, tomatoes, red onion, bell pepper, olives, and basil (if using).

Step 3

Add Dressing: Pour the gluten-free Italian dressing over the pasta mixture and toss to coat evenly.

Step 4

Chill: Cover and refrigerate for at least 30 minutes to allow the flavors to meld.

Step 5

Serve: Sprinkle with Feta cheese before serving.

Tips and Variations

- **Add protein:** Include cooked chicken, grilled shrimp, or cubed salami for extra protein.
- **Veggie Boost:** Add chopped artichoke hearts or roasted red peppers.
- **Spice it up:** Add a pinch of red pepper flakes to the dressing for a bit of heat.
- **Make Ahead:** This pasta salad can be made up to 2 days in advance.

Homemade Gluten-Free Italian Dressing (Optional):

- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt and pepper to taste

Combine all ingredients in a jar with a tight-fitting lid and shake well.