

# Pistachio Pasta Salad

Pistachios are a tasty and nutrient rich nut. They contain fiber and healthy fats which is important for keeping you fuller longer. In addition, canned beans are a great way to always have a protein on hand. Tossing this salad together with your favorite pasta shape is a great lunch to have throughout the week.

## Ingredients:

3 cups whole wheat penne or pasta of choice  
1 can low salt white beans, drained and rinsed  
1 can artichoke hearts, drained and rinsed  
1/3 cup chopped pistachios, no salt added  
1/3 cup cranberries or raisins

## Dressing:

1/4 cup non fat Greek yogurt  
1 tsp Dijon mustard  
1 tbsp lemon juice  
1 tsp dill

## Directions:

1. Boil water to box instructions. Set aside once cooked. Leave to cool
2. Drain and rinse both beans and artichoke
3. Chop pistachios if not already chopped
4. Add beans, artichokes, dried fruit and nuts to a large bowl. Add cooled pasta. Mix together
5. Prepare dressing. Add Greek yogurt, mustard, lemon and dill to a small bowl. Mix
6. Pour dressing over pasta mixture and enjoy

**Yield:** 4 servings

## Nutrition Facts:

410 Calories; 7g Fat (.5 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 230 mg Sodium; 80 g Carbohydrate (12 g Fiber, 12g Sugar, 0g Added Sugar); 18 g Protein; 0% Daily Value (DV) Vitamin D; 6% DV Calcium; 25% DV Iron; 15% DV Potassium