



Simple Cooking Series

5 Mediterranean pasta salad



Ingredients:

- * 1 box pasta (we like penne)
- * 1 can diced tomatoes
- * 1 can of chickpeas or beans
- * 1 jar sliced black olives
- * ¼ cup Olive Oil
- * Salt and pepper to taste

Steps:

1. Boil pasta until cooked, then drain well
2. Add cooked pasta, diced tomatoes, chickpeas or beans, olives, olive oil, salt and pepper to a large bowl and mix well
3. That's it! Enjoy!

Serve:

- * on its own
- * as a side dish

Add some tuna, salmon or chicken for extra protein, an important nutrient for staying strong and healthy

Heat the ingredients in a pan to make a warm pasta meal

Tips and Money Savers

- Add vegetables for extra flavour, bulk and fibre!
Corn, green beans, broccoli or capsicum work well either canned fresh or frozen
 - Spice it up with some red pepper flakes
- Crumble in some feta cheese for extra flavour and protein
- **This meal is already very cheap at around 80 cents per serve!**
 - Buying pasta and olive oil in bulk can cost more in the short term, but it usually works out to be much cheaper per serve