



# Pasta Salad with Goat Cheese and Arugula

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Recipe Source: [www.marthastewart.com](http://www.marthastewart.com)

Serves 6

## Ingredients:

$\frac{3}{4}$  pound (12 oz) whole wheat gemelli or other short pasta  
1 (15 oz) can cannellini beans, rinsed and drained  
 $\frac{3}{4}$  cup (3 oz) crumbled fresh goat cheese  
3 Tbsp olive oil  
2 Tbsp red wine vinegar  
2 tsp Dijon mustard  
Coarse salt and ground pepper  
1 bunch arugula (8 oz), torn  
 $\frac{1}{2}$  small red onion, thinly sliced

## Steps:

- In a large pot of boiling water, cook pasta until al dente. Drain pasta and rinse under cold water.
- In a large bowl, toss pasta with beans and goat cheese.
- Make dressing: In a bowl, whisk together oil, vinegar and mustard. Season with salt and pepper. (To store, refrigerate pasta mixture and dressing separately, up to one day.)
- To serve, toss pasta mixture with dressing, arugula, and onion.

*Tips from the Test Kitchen: If you can't find arugula, you can substitute spinach but the dish won't have the peppery kick that arugula gives. To make this more of a main dish, add another can of cannellini beans. (Other white beans can be substituted.)*

**Nutritional Facts (Per Serving):** Calories: 382, Carbohydrates: 56 grams, Protein: 12 grams, Total Fat: 13 grams, Saturated Fat: 3 grams, Cholesterol: 18 mg, Sodium: 305 mg, Fiber: 7 grams, Total Sugars: 3 grams.