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Pasta Salad with Tofu

Baked tofu is a good way to incorporate isoflavones into our daily diet. It's pre-cooked, pre-seasoned, and therefore instant (fast and easy), healthy food.

2 1/2 cups rotini pasta, cooked al dente and drained
15-oz can garbanzo beans, drained
2 1/2-oz can sliced black olives, drained
10 cherry tomatoes, halved
1/2 green pepper, chopped
1/2 cup Italian flat-leaf parsley, chopped
4 oz. baked tofu, tomato-basil flavor, cubed
1/3 cup vinegar and oil salad dressing (or balsamic vinegar and olive oil combined)
Salt and pepper to taste

Mix cooled pasta with remaining ingredients. Chill.