



# READ<sup>®</sup>

## 3 BEAN PASTA SALAD WITH TEMPEH

**SERVES:** 6 SERVINGS | **PREP & COOK TIME:** 20 MINUTES

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### INGREDIENTS

- 1 can (15 ounces) READ 3 Bean Salad
- 1-1/2 cups elbow macaroni, uncooked
- 2 cups chopped English cucumber
- 1 package (10.5 ounces) cherry tomatoes
- 2 teaspoons extra virgin olive oil
- 1 package (8 ounces) tempeh
- 1 tablespoon low-sodium soy sauce or coconut aminos
- 1 tablespoon maple syrup
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/2 cup crumbled feta cheese
- 1 large avocado, diced

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### INSTRUCTIONS

1. Drain bean salad. Discard liquid.
2. Cook macaroni according to package directions. Drain and place in large bowl.

3. Add bean salad, cucumber and tomatoes to bowl with macaroni. Toss to combine.
  4. For dressing, in small bowl, combine 1/4 cup oil, the vinegar, mustard, lemon juice, honey, red pepper flakes, salt and pepper, stirring with a whisk until well combined. Pour.
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**FIND IT ONLINE:**

<http://www.readsalads.com/recipes/2019/5/15/3-bean-pasta-salad-with-tempeh>

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