

PASTA WITH BEANS & SMOKED SALMON

8 oz corkscrew pasta	3 T capers, drained & rinsed
4 oz smoked salmon, cut in strips	3 T black olives, pitted & chopped
16 oz can garbanzos, drained & rinsed	1 c parsley, finely chopped
½ c red onion, minced	

Dressing:

4 T extra-virgin olive oil	2 T fresh lemon juice
2 minced garlic cloves	Freshly ground black pepper

Whisk together the dressing ingredients. Cook the pasta al dente, drain and put in a bowl. Add half the dressing, toss. Add all the other ingredients, toss. Serve at room temperature.

Serves 6.

Calories: 269, Carbohydrate: 29 grams, Protein: 11 grams, Fat: 12 grams.