INGREDIENTS

- 1 package Whole Grain Pasta
- 1 Tomato
- 1 cup Black Beans
- 1 cup Salsa
- 1 Avocado
- 1 Green Bell Pepper
- 3 tbsp Olive Oil
- 1 ½ tsp Salt
- ½ cup Cheese

DIRECTIONS

- 1. Cook pasta al dente. Drain and rinse with cool water.
- 2. Dice green bell pepper and tomato, place in a bowl.
- 3. Mix cooked beans, salsa, green pepper, tomato, and cheese in a bowl.
- 4. Slice avocado into small squares.
- 5. In a separate bowl, mix seasonings, olive oil and avocado.
- 6. Mix all ingredients together and enjoy!



Recreation and Wellness Center

UNIVERSITY OF COLORADO COLORADO SPRINGS



Vegetarian Taco Pasta

High Protein | Vegetarian

Yield: 4 Servings Prep Time: 10 Min Cook Time: 10 Min