

creamy vegan Italian pasta salad

Yield: 8 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-italian-pasta-recipe>

Ingredients:

- 1 cup raw cashews
- 4 tablespoons balsamic white
- 4 tablespoons lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon mustard powder
- 1/4 teaspoon cayenne pepper
- 3/4 cup water
- 1 tablespoon Italian seasoning
- 1/2 teaspoon ground black pepper
- 4 cups dried pasta we used tri-colored fusilli
- 13 ounces artichoke hearts drained and diced, about 1 1/2 cups
- 1 medium red onion chopped small, about 1 cup
- 1 cucumber small, sliced
- 1 medium red bell pepper cored and diced
- 1/3 cup black olives sliced
- 2 cups cherry tomatoes cut in half
- 1/2 cup basil leaves torn or chopped

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 15 milligrams
4. Fat: 9 grams
5. Fiber: 7 grams
6. Protein: 9 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 90 milligrams

9. Sugar: 6 grams

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