

# RECIPE



Meals don't need to be complicated to be nutrient-dense.

This high-protein pasta salad delivers complete protein, gut-supportive fiber, antioxidants, and omega-3s — all in under 30 minutes preparation and with ingredients you can prep in advance.

## High-Protein Pasta Salad

Yields: 2 complete balanced meals

### Ingredients

- 2 cups cooked Veggie Craft Rotini (gluten-free & high-protein pasta)
- ½ cup cooked zucchini, diced in small cubes
- ½ cup cooked carrot, diced in small cubes
- ½ cup roasted or sautéed red bell peppers, diced
- 1 cup artichoke hearts, chopped
- 2 Tbsp. sliced Kalamata olives
- 4 Tbsp. hemp hearts (for added omega-3 and protein boost)
- 2 portions protein of your choice — grilled chicken breast, wild-caught fish, sardines, or steak

### For the Dressing

- 2 Tbsp. fresh lemon juice
- 2 Tbsp. extra-virgin olive oil
- ¼ tsp. sea salt
- ¼ tsp. ground white pepper
- 2 Tbsp. chopped fresh parsley
- 2 Tbsp. sliced green onions

Yours to Artful Eating,

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# RECIPE



1 Tbsp. chopped fresh basil

## Instructions

Cook the Veggie Craft Rotini according to package instructions. Drain and let cool.

In a large bowl, combine the pasta, zucchini, carrot, red pepper, artichokes, olives, and hemp hearts.

In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.

Pour the dressing over the salad and toss gently to combine.

Add the parsley, green onions, and basil, mixing one final time and correct seasoning if necessary.

Add your protein of choice.

Serve chilled or at room temperature — perfect for a quick lunch, post-workout meal, or healthy dinner!

## Health Benefits of these Recipe:

- High Protein: Supports muscle tone and keeps you full longer.
- Fiber-Rich: Helps digestion and nourishes your gut microbiome.
- Anti-Inflammatory: Olive oil, hemp hearts, and veggies provide antioxidants and omega-3s.
- Balanced for Blood Sugar: Protein + fiber + healthy fats help avoid energy crashes.
- Skin + Immune Support: Colorful vegetables add vitamins A, C, and minerals for glow and vitality.

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