

Buffalo Pasta Salad

Ingredients:

- 1 10 oz pkg whole wheat pasta (penne, rotini work well)
- 1 head cauliflower or 2-3 zuchinni or another vegetable to roast
- 1-2 TBSP garlic powder
- 1 tsp black pepper
- 1 15 oz can chickpeas, rinsed and drained
- 1 small yellow onion, diced
- ½ cup sliced black olives (optional)
- 1 cup Frank's Hot Sauce

Directions:

1. Heat oven to 400 degrees.
2. Wash and cut the roasting vegetable into florets or 1 inch chunks.
3. Lay vegetable on silicone mat lined baking sheet. Sprinkle liberally with garlic powder and season with black pepper.
4. Roast in oven until vegetables are soft, but not overcooked.
5. Boil pasta according to package.
 - a. This pasta salad is good hot, but even better cold. You can rinse pasta until cool if you'd prefer.
6. In a large bowl, combine the prepared pasta, chickpeas, roasted vegetable, and diced onion.
7. Pour the cup of buffalo sauce on top. Gently mix, coating the pasta salad. Add more sauce if needed.
8. Gently fold in black olives in using.
9. Top with vegan ranch!