



**Makes 10 cups**  
**Preparation Time: 20 minutes**  
**Cook Time: 10 minutes**

### INGREDIENTS:

3 cups dry whole grain rotini or bow-tie pasta (9 oz.)

½ cup no-salt-added canned chickpeas (garbanzo beans), rinsed and drained

1 teaspoon lemon zest

2 tablespoons lemon juice

2 tablespoons pure maple syrup

1 teaspoon Dijon mustard

2 teaspoons poppy seeds

2 nectarines, halved, pitted, and thinly sliced

2 cups fresh sweet cherries (12 oz.), pitted and halved

1 small fennel bulb, halved, cored, and cut into thin slivers (1½ cups)

2 cups fresh baby arugula

¼ cup thinly sliced shallots

Sea salt, to taste

## Stone Fruit Pasta Salad with Fennel

Slivered fresh **fennel bulb** is a crunchy complement to juicy stone fruits and a zesty lemon dressing. If you like, swap in **peaches** for the nectarines and red plums for the cherries. This fruit-forward salad is hearty enough to be served on its own or paired as a side dish with **veggie burgers** for the perfect **summer BBQ** menu.

Tip: To make this recipe gluten-free, opt for a gluten-free whole grain pasta, such as those made with brown rice, chickpeas, or lentils.

By Shelli McConnell

- 1 Cook pasta according to package directions; drain. Run under cold water to cool; drain well.
- 2 Meanwhile, for dressing, in a blender or small food processor combine the next five ingredients (through mustard). Cover and blend until smooth, adding water, 1 Tbsp. at a time, until drizzling consistency. Stir in poppy seeds.
- 3 In a bowl combine pasta, fruits, fennel, arugula, and shallots; toss to combine. Drizzle with dressing; toss to coat. Season with salt.