

SIDE DISH

Pasta Salad with Black Beans and Tomatoes

29 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
22 min	10 min	12 min	6	\$0.85	268 kcal

The recipe Pasta Salad with Black Beans and Tomatoes can be made in approximately 22 minutes. One serving contains 268 calories, 9g of protein, and 12g of fat. For 85 cents per serving, you get a hor d'oeuvre that serves 6. 1 person were impressed by this recipe.

Ingredients

- ☐ ¾ cup fat-free balsamic vinaigrette
- ☐ 15 ounce black beans, rinsed and drained canned
- ☐ ½ cup chopped English cucumber
- ☐ 1 ounce 1/4 cup crumbled reduced-fat feta cheese
- ☐ 3 tablespoons chopped fresh cilantro
- ☐ ¼ teaspoon kosher salt
- ☐ 2 cups diced plum tomato (about 4)
- ☐ 4 ounces uncooked rotini

Method

- 1

Cook pasta according to package directions, omitting salt and fat.
- 2

Drain; rinse with cold water.
- 3

Drain.
- 4

Combine pasta, tomato, and next 3 ingredients.

- 5 Add vinaigrette and salt; toss well. Cover; chill at least 1 hour.
- 6 . Spoon salad onto plates; sprinkle with feta cheese.

Nutrition per serving

	268 KCAL	9 g PROTEIN	12 g FAT	32 g CARBS
Saturated Fat				1.5 g · 9% of daily needs
Fibre				6.5 g · 26% of daily needs
Sugar				3.9 g · 4% of daily needs
Sodium				682 mg · 30% of daily needs
Cholesterol				2.5 mg · 1% of daily needs
Vitamin C				13 mg · 16% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pasta-salad-with-black-beans-and-tomatoes-146412