

CURRY PASTA SALAD

INGREDIENTS

1 box (approximately 1 pound) spoon-sized pasta, cooked al dente and drained (I use bowtie, but it doesn't matter)
1 cup fresh or frozen peas
1 cup canned black beans, rinsed
1/2 cup red bell pepper, diced
1/4 red onion, diced
1/2 cup raisins (I use golden raisins)
1 tablespoon olive oil

for the Dressing

1/4 cup mayonnaise
2 tablespoons plain yogurt
2 tablespoons mild curry powder
1/2 teaspoon cayenne pepper
salt and pepper to taste
2 tablespoons chopped cilantro

DIRECTIONS

First, make your dressing. In a small bowl, mix together the mayonnaise, yogurt, curry powder, cayenne and salt and pepper. Adjust to your liking -- some people like it spicier but this is pretty mild.

Place the cooked pasta, peas and black beans in a large mixing bowl. Heat olive oil in a skillet, sauté the onions and peppers for just a few minutes, until they are very lightly browned. This is to sweeten the onions and peppers a little bit. Let cool before adding to pasta mixture.

Toss with the dressing. Cool in the fridge, but let come up to room temperature before serving (it doesn't taste great ice cold).