



FOOD AS HEALTH *Alliance*

University of
Kentucky

LEARN MORE



LOW SODIUM



6 SERVINGS



30 MIN

Black Bean Pasta Salad

Ingredients

- 1/2 box (8 oz) whole wheat rotini pasta
- 1 can (14.5 oz) no salt added diced tomatoes
- 1 can (14.5 oz) no salt added corn, drained and rinsed
- 1 can (14.5 oz) no salt added black beans, drained and rinsed
- 1/2 red onion, diced
- 1/4 cup olive oil
- juice of 1/2 lemon
- 1 tsp garlic powder
- 1 tsp dried parsley
- 1/2 tsp black pepper

Instructions

1. Bring water to a boil in a large pot. Once boiling, add the elbow pasta and cook for 7-9 minutes. Remove from heat and drain.
2. While pasta is cooking, rinse and drain the beans and corn and combine in a large mixing bowl.
3. Add tomatoes to the bean and corn mixture.
4. Dice 1/2 of an onion and add to the mixing bowl.
5. To make the dressing, in a small bowl, add the olive oil and the juice of 1/2 a lemon.
6. Add the garlic powder, parsley, and black pepper into the dressing.
7. Mix together the pasta, beans, tomatoes, corn and dressing.
8. Chill in the refrigerator for at least 20 minutes and enjoy!

Black Bean Pasta Salad

Nutrition Facts

How Can Consuming This Recipe Help Manage High Blood Pressure?

This simple pasta salad is perfect for someone who is diagnosed with high blood pressure. Lowering your intake of salt helps reduce blood pressure and lower the risk of worsening heart disease.

This recipe contains just 110mg of sodium, or about 5% of what you need in a day!

This will help keep your daily sodium below 1,000-2,400mg. The herbs and spices used in the recipe allow the pasta to be flavorful without added salt.

This meal is packed with so much protein, vitamins, and minerals that it can be served on its own!

Do I Have To Use Whole Wheat Pasta?

No! You can use any pasta that is available to you.

Whole wheat pasta is a great choice because it is packed with fiber. Fiber helps keep your gut healthy as well as keep you feeling fuller after eating. Whole wheat also keep your heart healthy by lowering your risk for heart disease.

Check Out The Label

Nutrition Facts	
servings per container	
Serving size	(268g)
Amount per serving	
Calories	330
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 53g	19%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3mg	15%
Potassium 657mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Black Bean Pasta Salad

Cost Breakdown

SHOPPING LIST	COST	COST PER SERVING
• 1 box (16 oz) whole wheat rotini pasta	\$1.76	\$0.29
• 1 can (14.5 oz) no salt added diced tomatoes	\$1.24	\$0.21
• 1 can (14.5 oz) no salt added golden sweet whole kernel corn	\$0.64	\$0.11
• 1 can (14.5 oz) no salt added black beans	\$0.78	\$0.13
• 1 red onion	\$1.07	\$0.18
• 1 lemon	\$0.58	\$0.10
• Garlic powder	\$1.12	\$0.19
• Dried parsley	\$1.00	\$0.17
TOTAL	\$8.19*	\$1.38

**Based on 6 servings. Prices obtained from Walmart.com*

This salad can be kept in a sealed container in the fridge for up to 5-7 days. Due to its long storage time, this meal can be enjoyed for multiple days, which can help save you money on your weekly grocery bill! This meal is best served cold or chilled, so there is no need to heat it up after storage.

