

Bean and Pear Pasta Salad with Croutons



Serves	3-4
Prep time	15 minutes
Cook time	15 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Salad
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Barbecue , Picnic

Ingredients

- 420g Tinned bean mix
- 1 cup Cooked pasta
- 2 tablespoons Egg-less Mayonnaise (refer to basics page)
- 1 cup lettuce (shredded)
- 4 Pear halves in syrup (drained and diced)
- Salt (to taste)
- 2 Slices bread (cut into squares)
- Canola oil spray

Directions

1. Make the croutons by lightly spraying a frying pan with oil, then adding the diced bread. Fry until lightly browned.
2. Toss together the lettuce, pears, pasta and beans in a large bowl.
3. Mix through the mayonnaise and add salt to taste.
4. Top with the croutons before serving.

Note

Low Chemical/ Failsafe

Refer to the Basics page for [mayonnaise recipes](#).