

Creamy Pasta Salad

1 package farfalle or macaroni
1 medium onion, peeled, chopped
2 tablespoons oil
1 cup frozen peas, defrosted
1 bell (red) pepper, seeded and chopped into fine julienne strips
1 large carrot, peeled and chopped into fine julienne strips or grated

Sauce Ingredients:

2 tablespoons Dijon mustard
1 cup mayonnaise
1/4 cup sugar
1/4 cup apple cider vinegar
1 teaspoon salt

Optional additions: chunks of tuna; chunks of cooked chicken breast

Directions:

Cook pasta according to package directions (not longer!) and drain well. Do not rinse. Set aside.

Take the chopped onion and fry till light brown.

In a small bowl, stir together the sauce ingredients, mustard, mayo, sugar, vinegar and salt. Whisk well together till smooth and creamy. Set aside.

In large bowl, place defrosted peas, carrot and bell pepper, fried onions and pasta. Make sure that the pasta is separated and not clumpy. Pour the sauce over the mixture and toss till everything is completely coated. Let marinate at least half an hour. This gets better the longer it sits so if you leave in fridge overnight, all the better.