

Greek Pasta Salad

This refreshing and tangy recipe is easy to make for a fiber-filled summer side dish featuring extra virgin olive oil – a great source of heart healthy unsaturated fat.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

8 oz	Whole Wheat Penne Pasta
1 pint	Grape Tomatoes, sliced in half
1 each	Cucumber, sliced into half-circles
½ each	Red Onion, diced small
10 each	Kalamata Olives, drained, chopped

DRESSING

½ cup	Olive Oil
⅓ cup	Red Wine Vinegar
1 Tbsp	Dijon Mustard
1 tsp	Honey
1 tsp	Oregano
½ tsp	Kosher Salt
¼ tsp	Black Pepper, ground

CHEF'S NOTES.

For tangier flavor, add ½ cup of feta cheese.

Serve with your favorite grilled chicken or fish to make this a complete meal.

Adding 1 cup of chickpeas for plant-based protein and extra fiber makes this a great option for vegetarians.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Fill large saucepot halfway with water and bring to a boil. Cook pasta once water is boiling, until al dente, about 8-10 minutes. Drain well and rinse with cold water. Set aside.
3. Add all dressing ingredients in a large bowl and whisk well to combine.
4. Add the chopped vegetables, olives, and cooled pasta to the bowl with dressing and toss to coat evenly. For best flavor, refrigerate for at least 10 minutes before serving.

Nutrition Facts

8 servings per container

Serving Size 1 cup (142 g)

Amount per serving

Calories 260

% Daily Value *

Total Fat 16g 20%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 25g 9%

Dietary Fiber 3g 12%

Total Sugars 4g

Contains less than 1g Added Sugars 1%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.25mg 0%

Potassium 200mg 3%

*The % Daily Value (DV) 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.

