

GRECIAN PENNE PASTA SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Vegetarian

Serves: 12 (Serving= 1 cup)

Nutrition (per serving)

Calories: 194

Total Carbohydrate: 27 g

Total Fat: 6 g

Dietary Fiber: 5 g

Saturated Fat: 1 g

Protein: 7 g

Sodium: 518 mg



Ingredients

- 6 cups whole grain penne pasta, cooked (choose gluten free for GF version)
- 2 Tablespoons extra-virgin olive oil
- 1 Tablespoons minced garlic
- 1 cup chopped white onion
- 2 (14 ounce) cans artichoke hearts, drained, rinsed and chopped
- 6 ounces cherry tomatoes, halved
- 1 (5 ounces) container crumbled reduced-fat feta cheese
- 1 (3.8 ounce can) sliced black olives, drained
- 3 Tablespoons fresh chopped or 1 Tablespoon dried parsley
- 3 Tablespoons fresh chopped or 1 Tablespoon dried oregano
- 1 ½ Tablespoons fresh squeezed lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper



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Directions

1. In a large bowl, combine all ingredients and toss until well combined.