

GREEK ISLES PASTA SALAD

Higher Fiber, Lower Saturated Fat, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 295

Total Carbohydrate: 40 g

Total Fat: 10 g

Dietary Fiber: 4 g

Saturated Fat: 2.5 g

Protein: 12 g

Sodium: 513 mg

Ingredients

3 cups farfalle (bow-tie pasta), uncooked

2 cups baby spinach leaves

1 cup reduced-fat feta cheese crumbles

1 cup cherry tomatoes, halved

3/4 cup drained, canned chickpeas (garbanzo beans), rinsed

1/2 cup Greek vinaigrette dressing

1/2 cup sliced ripe black olives



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HEALTHCARE

Directions

1. Cook pasta as directed on the package; drain and rinse with cold water. Place in large bowl.
2. Add remaining ingredients; mix lightly.
3. Serve immediately or cover and refrigerate until ready to serve.