Mediterranean Pasta Salad

Makes 8 servings, 1 cup each

Nutritious and delicious!

Nutrition Facts

Serving Size 1 cup (86g)
Servings Per Container 8

Amount Per Serving	
Calories 200	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**11%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 5g	
Vitamin A 15% •	Vitamin C 15%
Calcium 2% •	Iron 10%

Cost: $4.26 per recipe, $.53 per serving

Ingredients

½ cup sun-dried tomatoes

½ pound whole wheat pasta, any shape, uncooked

1 6-ounce jar marinated, quartered artichoke hearts

1 large roasted red pepper, diced (about ½ cup)

2 cups baby spinach

2 tablespoons olive oil

Juice of 1 lemon (3 tablespoons)

¼ cup chopped parsley

½ teaspoon black pepper

½ cup feta cheese (optional)

Directions

1. **Place** sun-dried tomatoes in a bowl of warm water and set aside for 30 minutes. **Cook** pasta according to package directions.
2. **Drain** and **dice** sun-dried tomatoes.
3. **Combine** cooked pasta, sun-dried tomatoes, artichoke hearts, red pepper, and spinach.
4. In small bowl, **combine** olive oil, lemon juice, parsley, and black pepper. **Pour** over pasta mixture, stir to mix, and refrigerate 2 hours before serving. Garnish with feta cheese, if desired.

Questions about nutrition?
Call 1-877-FOOD-URI

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Ensalada Mediterránea de Pasta

Receta para 8 porciones de 1 taza

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¡Nutritiva y deliciosa!

Costo: $4.26 por receta, $.53 por porción

Ingredientes

½ taza tomates secos

½ libra pasta integral, cualquier tipo, cruda

1 jarrita (6 onzas) corazones de alcachofa, marinados, cortados

1 pimiento rojo grande asado, cortado (como ½ taza)

2 tazas espinaca fresca

2 cucharadas aceite de oliva

Jugo de 1 limón (3 cucharadas)

¼ taza perejil cortado

½ cucharadita pimienta negra

½ taza queso feta (opcional)

Preparación

1. **Ponga** los tomates secos en un tazón de agua tibia y deje al lado por 30 minutos. **Prepare** la pasta según las instrucciones en el paquete.
2. **Escurra** y **corte** los tomates secos.
3. **Combine** la pasta, los tomates, los corazones de alcachofa, el pimiento rojo y la espinaca.
4. En un tazón pequeño, **combine** el aceite, limón, perejil y pimienta negra. **Ponga** sobre la pasta, mezcle y ponga en la refrigeradora por 2 horas antes de servir. Aderece con queso feta, si desea.

Preguntas sobre la nutrición?
Llame al 1-877-FOOD-URI

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