GREEK TORTELLINI PASTA SALAD

INGREDIENTS:

- 1 pound cheese tortellini pasta, cooked
- 1 cup cherry tomatoes, halved
- 1/2 red onion, diced
- 1 cucumber, peeled and chopped
- 1/2 cup jarred artichoke hearts, roughly chopped
- 1/2 cup Kalamata olives, whole or sliced
- 1/2 cup reduced-fat feta cheese, crumbled
- 1/3 cup fresh basil leaves, finely chopped

DRESSING:

- 1/2 cup olive oil
- 1/3 cup apple cider vinegar
- 3 teaspoons garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 2 teaspoons sugar
- 1 tablespoon Dijon mustard
- Salt and pepper to taste
- Juice of 1/2 lemon

Nutrition Facts

Serving Size 1/2 cup (124g)
Servings Per Container 12

Amount Per Serving

Calories 240	Calories from Fat 130
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 330mg	**14%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 7g	

Vitamin A 6% • Vitamin C 10%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

DIRECTIONS:

1. Combine all dressing ingredients in jar, cover, and shake well. Or, whisk together in small bowl.
2. In a large bowl, combine tortellini, tomatoes, onions, cucumbers, artichoke hearts, olives, feta cheese, and basil. Pour dressing over top, then toss to combine.
3. Serve warm immediately, or cover and refrigerate 6 hours to serve chilled.

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