

### Mediterranean Pasta Salad

#### Salad:

6 oz. whole-wheat bowtie pasta	1 c. grape tomatoes, halved
½ c. low-fat feta cheese	½ c. sliced red onion
1 c. canned kalamata olives, halved	2 tsp. dried basil
1 can artichoke hearts, halved	¼ c. pine nuts (optional)

#### Vinaigrette:

3 Tbsp. olive oil	2-3 tsp. red wine vinegar
3 Tbsp. canola oil	¼ tsp. oregano
2 ½ Tbsp. lemon juice	salt & pepper to taste
1 tsp. minced garlic	

Prepare vinaigrette first by combining all ingredients and mixing with whisk. Set aside to let flavors mingle. Cook pasta according to package, rinse, & cool. Add remaining salad ingredients and mix. Toss salad with dressing and serve.

Sponsored by Wellness Programs

**All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)**

### Mediterranean Pasta Salad

#### Salad:

6 oz. whole-wheat bowtie pasta	1 c. grape tomatoes, halved
½ c. low-fat feta cheese	½ c. sliced red onion
1 c. canned kalamata olives, halved	2 tsp. dried basil
1 can artichoke hearts, halved	¼ c. pine nuts (optional)

#### Vinaigrette:

3 Tbsp. olive oil	2-3 tsp. red wine vinegar
3 Tbsp. canola oil	¼ tsp. oregano
2 ½ Tbsp. lemon juice	salt & pepper to taste
1 tsp. minced garlic	

Prepare vinaigrette first by combining all ingredients and mixing with whisk. Set aside to let flavors mingle. Cook pasta according to package, rinse, & cool. Add remaining salad ingredients and mix. Toss salad with dressing and serve.

Sponsored by Wellness Programs

**All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)**

### Mediterranean Pasta Salad

#### Salad:

6 oz. whole-wheat bowtie pasta	1 c. grape tomatoes, halved
½ c. low-fat feta cheese	½ c. sliced red onion
1 c. canned kalamata olives, halved	2 tsp. dried basil
1 can artichoke hearts, halved	¼ c. pine nuts (optional)

#### Vinaigrette:

3 Tbsp. olive oil	2-3 tsp. red wine vinegar
3 Tbsp. canola oil	¼ tsp. oregano
2 ½ Tbsp. lemon juice	salt & pepper to taste
1 tsp. minced garlic	

Prepare vinaigrette first by combining all ingredients and mixing with whisk. Set aside to let flavors mingle. Cook pasta according to package, rinse, & cool. Add remaining salad ingredients and mix. Toss salad with dressing and serve.

Sponsored by Wellness Programs

**All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)**

### Mediterranean Pasta Salad

#### Salad:

6 oz. whole-wheat bowtie pasta	1 c. grape tomatoes, halved
½ c. low-fat feta cheese	½ c. sliced red onion
1 c. canned kalamata olives, halved	2 tsp. dried basil
1 can artichoke hearts, halved	¼ c. pine nuts (optional)

#### Vinaigrette:

3 Tbsp. olive oil	2-3 tsp. red wine vinegar
3 Tbsp. canola oil	¼ tsp. oregano
2 ½ Tbsp. lemon juice	salt & pepper to taste
1 tsp. minced garlic	

Prepare vinaigrette first by combining all ingredients and mixing with whisk. Set aside to let flavors mingle. Cook pasta according to package, rinse, & cool. Add remaining salad ingredients and mix. Toss salad with dressing and serve.

Sponsored by Wellness Programs

**All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)**