

Mediterranean Penne Pasta Salad

Ingredients

- 1.5 cups penne pasta (uncooked)
- 3.5 cups water
- 1 cup sun-dried tomatoes, julienne
- 6oz Artichoke hearts
- 1 tsp oregano, fresh, chopped
- 1 TBSP garlic, fresh, chopped
- 1/8 tsp black pepper
- 1/2 tsp salt (plus salt for water)
- 1/4 cup fresh baby spinach
- 4 TBSP Balsamic vinegar (or more to taste)
- 3 TBSP olive oil



Directions

1. Bring salted water to boil. Cook pasta according to manufacturer instructions.
2. Reconstitute sun-dried tomatoes in hot water (not listed) for 5-10 minutes.
3. In a large bowl, combine cooked pasta, sun-dried tomatoes, artichoke hearts, oregano, garlic, salt, pepper, and spinach. Toss gently to combine.
4. In a separate bowl, combine balsamic vinegar and olive oil. Mix well.
5. Add dressing to pasta mixture. Toss gently to combine.
6. Keep refrigerated.

Nutrition Facts

Serving size: 1/2 cup

Calories: 212

Fat: 8g

Saturated fat: 0g

Trans fat: 0g

Recipe makes 4 servings

Cholesterol: 0g

Sodium: 480 mg

Carbohydrates: 28g

Fiber: 4g