

GREEK ISLES PASTA SALAD

Higher Fiber, Lower Saturated Fat, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Total Fat: 10 g	Total Carbohydrate: 40
Saturated Fat: 2.5 g	Dietary Fiber: 4 g
Sodium: 513 mg	Calories: 295
	Protein: 12 g

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

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.