

Greek Pasta Salad

Serves 8

1 lb. whole-wheat rotini pasta
2 orange (or yellow) bell peppers
3 tomatoes
1 red onion
4 oz crumbled feta cheese
½ c canola oil
¼ c red wine vinegar
¼ c lemon juice
3 T dried dill weed
2 t dried oregano
½ t pepper
½ t salt



Cook pasta according to directions. Rinse pasta under cool running water or place pasta in an ice bath. Chop bell peppers, tomatoes, and onions into pieces roughly the same size as rotini pasta. Mix chopped vegetables and cool pasta in a large bowl. Stir in feta cheese. In a small bowl, whisk oil, red wine vinegar, lemon juice, dill weed, oregano, salt, and pepper thoroughly until well combined. Pour over pasta salad and stir in. Best if refrigerated for 2 hours.

Nutrition information per serving: 194 calories, 20 g carbohydrate, 44 g fat (8 g saturated fat), 8 g protein, 190 mg sodium, 12 g dietary fiber. Excellent source of: vitamin A, vitamin C.



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