



# Pasta Salad Bowl

8 ounces pasta (penne, fusilli or farfalle work well).

1 cup cherry tomatoes, halved

1 cucumber, diced

1 red bell pepper, diced

½ red onion, thinly sliced

¼ cup Kalamata olives, sliced

½ cup feta cheese, crumbled

¼ cup fresh parsley, chopped

¼ cup fresh basil, chopped

¼ cup extra virgin olive oil

2 tablespoons red wine vinegar

1 clove garlic, minced

1 teaspoon dried oregano

Salt and pepper to taste



Boil the pasta according to the package instructions. Drain and rinse with cold water to cool it down. While the pasta is cooking, chop the vegetables and herbs. In a small bowl, whisk together the olive oil, red wine vinegar, minced garlic, dried oregano, salt and pepper. In a large bowl, combine the cooked pasta, vegetables, olives and herbs. Pour the dressing over the salad and toss to coat. Gently fold in the crumbled feta cheese. Refrigerate the salad for at least 30 minutes before serving to allow the flavors to meld together.

**Note:** Try a bean-based pasta for extra protein, or a veggie pasta like hearts of palm for less impact on your blood sugar.