Pasta Salad

Source: Turn Off the Fat Genes by Neal D. Barnard, MD; recipe by Jennifer Raymond MS, RD

This low-fat pasta dish is delicious hot or cold. It is prepared with water-packed artichokes (as opposed to oil-packed), which are available in most supermarkets.

About the Recipe

496 Calories · 23.6 g Protein · 20.2 g Fiber
Lunch
Nut-free

Ingredients

Makes 4 Servings

- 2 c (142 g) dry bow tie (farfalle) pasta
- 6 sun-dried tomatoes
- 1/2 c (120 mL) boiling water
- 1/2 c (49 g) finely chopped green onions
- 1/2 red bell pepper, seeded and diced
- 1 14-oz (400-g) artichoke hearts, drained and quartered
- 1/4 c (30 mL) finely chopped fresh parsley
- 1/4 c (30 mL) chopped fresh basil
- 1 15-oz (278-g) dark kidney beans, drained
- 1 c (240 mL) fat-free Italian salad dressing

Directions

1. Cook pasta according to package directions.
2. Rinse with cold water, drain, and place in a large bowl.

3. Soften tomatoes by soaking them in 1/2 c (120 mL) boiling water for 10 to 15 minutes. Drain and chop. Add to pasta.
4. Add to pasta and tomatoes along with the salad dressing. Toss to mix.

Nutrition Facts

Per 1-cup serving

Calories: 496
Fat: 5.2 g
    Saturated Fat: 0.9 g
    Calories from Fat: 8.8%
Cholesterol: 0 mg
Protein: 23.6 g
Carbohydrates: 97.5 g
Sugar: 13.5 g
Fiber: 20.2 g
Sodium: 1,190 mg
Calcium: 147 mg
Iron: 6.3 mg
Vitamin C: 36 mg
Beta-Carotene: 679 mcg
Vitamin E: 1.4 mg