

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

- dry bow tie (farfalle) pasta (2 cups)
- sun-dried tomatoes (6)
- boiling water (1/2 cup)
- finely chopped green onions (1/2 cup)
- red bell pepper, seeded and diced (1/2)
- artichoke hearts, drained and quartered (1 15-ounce can)
- finely chopped fresh parsley (1/4 cup)
- chopped fresh basil (1/4 cup)
- dark kidney beans, drained (1 15-ounce can)
- fat-free Italian salad dressing (1 cup)

Directions

1. Cook pasta (about 2 cups (162 grams) dry) according to package directions. You can use bow tie (farfalle) or another preferred small noodle.
2. Rinse with cold water, drain, and place in a large bowl.

3. Soften tomatoes by soaking them in 1/2 cup (120 milliliters) boiling water for 10 to 15 minutes. Drain and chop. Add to pasta.
4. Prep remaining ingredients by finely chopping the green onions, dicing the bell pepper, draining, rinsing, and quartering the canned artichoke hearts, chopping the basil and parsley (you should have about 1/4 cup (60 milliliters) chopped of each herb), and draining and rinsing the kidney beans if using canned. Add these to the 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