Greek Pasta Salad

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Greek Pasta Salad
Serves 4. Total time 30 minutes.

This cold pasta salad is delicious on a warm summer night or to carry to a cookout. For variety, substitute cooked chicken, shrimp, or navy beans for the garbanzo beans. Marinated artichokes or chopped fresh tomato would also be nice additions.

8 oz. whole wheat penne or rotini pasta, uncooked 1/3 cup sliced black olives
2 cups cooked garbanzo beans 1/3 cup crumbled feta cheese
1 large cucumber, sliced lengthwise into quarters and chopped 1/3 cup sun-dried tomatoes, sliced into strips
1 large red bell pepper, chopped 1/3 cup pine nuts
1/3 cup light Italian or Greek vinaigrette 1/3 cup chopped scallions

Directions:
1. Bring a large pot of water to boil over high heat. Add pasta, lower to medium-high heat, and gently boil 8 minutes until al dente; drain and rinse.
2. Combine remaining ingredients and chill for at least 2 hours.

Nutrition Information (per ¼ recipe, about 2 cups): 428 calories, 18 g protein, 7 g fat, 2 g saturated fat, 72 g carbohydrate, 12 g fiber, 11 mg cholesterol, 502 mg sodium 1 serving equals: 2 veg, 2 whole grain, 1 protein/dairy, 1 healthy fat
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Shopping List

Produce Section

- 1 large cucumber
- 1 large red bell pepper
- 1/3 cup sun-dried tomatoes, sliced into strips (see tip #1)
- 1/3 cup chopped scallions

Dry Goods Section

- 8 oz. whole wheat penne or rotini pasta
- 2 cups cooked garbanzo beans (see tip #2)
- 1/3 cup light Italian or Greek vinaigrette (see tip #3)
- 1/3 cup sliced black olives
- 1/3 cup pine nuts (see tip #4)

Dairy Section

- 1/3 cup crumbled feta cheese

Smart Shopper Tip #1:
Look for sun-dried tomatoes in the produce section or with the salad dressings and croutons in your local supermarket. Choose the dry packed sun-dried tomatoes and soak them in warm water for a few minutes if they seem tough. Julienne cut sun-dried tomatoes will save you an extra step. If you can’t find them, use a sharp knife or kitchen shears to thinly slice the larger pieces.

Smart Shopper Tip #2:
Since canned beans tend to be a little high in sodium, drain and rinse them well to reduce the sodium content. Another option is to cook dried beans with very little salt. They can be drained and refrigerated or frozen for later use.

Smart Shopper Tip #3:
Light vinaigrettes usually contain about 50 calories and 5 grams of fat per 2 Tablespoon serving. Choose your favorite brand or make your own vinaigrette with extra-virgin olive oil, red wine vinegar, dried Italian seasoning, salt, and pepper.

Smart Shopper Tip #4:
Pine nuts are the seeds of pine trees. They are a common ingredient found in pesto. Their rich and slightly sweet flavor is delicious with many types of Italian dishes. Pine nuts may be stocked with the other nuts or in the spice section of your local supermarket.