

Mediterranean Pasta Salad

Ingredients:

MEDITERRANEAN PASTA SALAD INGREDIENTS:

- 12 ounces dry pasta (I used farfalle)
- 1 English (hot house) cucumber, diced
- 1 pint cherry or grape tomatoes, halved
- 1/3 cup sliced kalamata olives (optional)
- 4 ounces crumbled feta cheese (optional)
- half of a medium red onion, peeled and thinly sliced
- lemon-herb vinaigrette (see below)

LEMON-HERB VINAIGRETTE INGREDIENTS:

- 2-4 Tablespoons extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 tablespoon freshly-squeezed lemon juice
- 2 teaspoons dried oregano, minced
- 1 teaspoon honey (or your desired sweetener)
- 2 small garlic cloves, minced
- 1/4 teaspoon freshly-cracked black pepper
- 1/4 teaspoon salt
- pinch of crushed red pepper flakes



Directions:

TO MAKE THE MEDITERRANEAN PASTA SALAD:

1. Cook the pasta al dente in a large stockpot of water according to package instructions. Drain pasta, then rinse under cold water for about 20-30 seconds until no longer hot. Transfer the pasta to a large mixing bowl.
2. Add cucumber, tomatoes, kalamata olives and feta cheese (if using) , and red onion to the mixing bowl, then drizzle all of the vinaigrette evenly on top. Toss until all of the ingredients are evenly coated with the dressing.
3. Serve immediately, garnished with extra feta and black pepper if desired.

TO MAKE THE LEMON-HERB VINAIGRETTE:

1. Whisk all ingredients together until combined.

Notes:



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