

# 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