

Risoni Salad with Italian Flavours

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-flavours-recipe>

Ingredients:

- 1 cup pasta risoni
- 1 tablespoon olive oil
- 1 red capsicum sliced
- 2 cloves garlic finely chopped
- 400 grams artichoke hearts drained and halved
- 1/2 cup pitted kalamata olives chopped
- 1 cup parsley leaves Continental, chopped
- 1/2 cup basil leaves chopped
- 2 tablespoons pine nuts toasted
- 1/4 cup balsamic ZOOSH Mighty Light, Splash Dressing
- black pepper to taste

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 46 grams
3. Fat: 9 grams
4. Fiber: 12 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 220 milligrams
8. Sugar: 5 grams

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