

Mediterranean Pasta Salad

Yield: 7 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-pasta-recipe>

Ingredients:

- 1 pound pasta tricolor
- 1/4 cup balsamic vinegar
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper freshly
- 1/2 cup extra-virgin olive oil
- 1/3 cup sun-dried tomatoes diced, I like the sun-dried tomatoes that are jarred and packed in oil the best
- 14 1/2 ounces artichoke hearts drained and diced
- 1/4 cup fresh basil torn into small pieces, or 1 tablespoon dried
- 2 teaspoons fresh oregano chopped, or 1/2 teaspoon dried
- 1/4 cup diced red onion
- 3/4 cup Kalamata olives or black, sliced
- 2 teaspoons spice saute, equal parts black pepper, salt and garlic powder – I mix up a bunch of this and keep it in a small tupperware...
- 4 ounces feta cheese crumbled
- 1/2 cup grated Parmesan cheese freshly

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 20 milligrams
4. Fat: 24 grams
5. Fiber: 8 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 680 milligrams
9. Sugar: 6 grams

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