GREEK TORTELLINI SALAD

Adapted from: twopeasandtheirpod.com
Makes 8 servings

INGREDIENTS:

- 1 (20 ounce) package refrigerated cheese tortellini
- 1 1/2 cups grape tomatoes, cut in half
- 1 large cucumber, chopped
- 1 cup kalamata olives, pit removed and chopped
- 1/2 red onion, chopped
- 3/4 cup crumbled feta cheese

For the Dressing:

- 1/4 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 clove garlic, minced
- 1/2 teaspoon dried oregano
- Salt and pepper, to taste

Nutrition Facts

Serving Size (481g)
Servings Per Container

Amount Per Serving

Calories 410	Calories from Fat 160
	% Daily Value*
Total Fat 18g	**28%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 610mg	**25%**
Total Carbohydrate 49g	**16%**
Dietary Fiber 6g	**24%**
Sugars 11g	
Protein 15g	

Vitamin A 60% • Vitamin C 80%
Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

MATERIALS NEEDED:

- Pot
- Colander
- Large bowl
- Small bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Whisk
- Serving utensils
- Eating utensils
- Plates

DIRECTIONS:

1. Bring a large pot of salted water to a boil. Cook the tortellini according to the package directions. Drain the tortellini and rinse with cold water.

2. Place the tortellini in a large bowl. Add the tomatoes, cucumber, olives, red onion, and feta cheese.

3. In a small bowl, whisk together the olive oil, vinegar, garlic, oregano, salt, and pepper. Pour the dressing over the salad and stir until salad is well coated. Serve immediately or place in the refrigerator.

Note-this salad will keep in the fridge for up to 3 days.

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