

Makes 10 servings

Ingredients

- I pound whole grain penne pasta
- 1/2 cup plus 2 tablespoons extra virgin olive oil, divided
- 2 tablespoons red wine vinegar
- 2 cloves garlic, minced
- 2 teaspoons Italian seasoning
- 4 ounces green olives, halved
- 4 ounces Kalamata olives, halved
- 2 cups arugula
- ½ cup curly parsley, stems removed
- ½ cup diced red onion
- 3 ounces goat cheese
- I pint cherry tomatoes, halved

Directions

- I. Cook pasta according to package directions. Drain pasta and drizzle on 2 tablespoons olive oil. Set aside to cool.
- 2. While waiting for the water to boil and the pasta to cook, in a large salad bowl add 1/2 cup olive oil, red wine vinegar, garlic and Italian seasoning. Whisk together and set aside.
- 3. Add the rest of the ingredients and the cooled pasta. Toss to coat.
- *Option not included in nutrition facts.



SIDE DISH



If you make this ahead of time add the arugula just before serving. You can also substitute a gluten free pasta.*





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Nutrition Facts

Serving Size 1 1/4 cup pasta salad

Calories 320 Calories	HOIII Fat 170
	% Daily Value*
Total Fat 19g	29%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 370mg	15%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Dietary Fiber 5g	- 2

Sugars 3g Protein 9g

Vitamin A 15% Vitamin C 15% Calcium 4% Iron 10%

Recipe contains: wheat, milk

Carb choices per serving: 2