

Greek Tortellini Salad

Prep Time: 20 minutes

Servings: 8

Ingredients:

Salad

- 1 – 20 oz packaged refrigerated cheese tortellini
- 1 ½ cups grape tomatoes cut in half
- 1 large cucumber chopped
- 1 cup kalamata olives
- ½ red onion chopped
- ¾ cup crumbled feta cheese

Dressing

- ¼ cup olive oil
- 3 T red wine vinegar
- 1 clove minced garlic
- ½ teaspoon dried oregano

Note: You can alternatively use 1 cup of Greek salad dressing

Directions:

1. Bring a large pot of water to a boil. Cook tortellini according to package directions. Drain the tortellini and rinse with cold water.
2. Place tortellini in a large bowl. Add tomatoes, cucumber, olives, onion, and feta cheese.
3. In a small bowl whisk together the olive oil, vinegar, garlic, and oregano. Pour the dressing over the salad and stir until well coated.

Salad can be served immediately or placed in the refrigerator (for up to 3 days)

Nutrition (per 1/8th of salad):

Calories 348, Fat 21 g, Saturated Fat 6 g, Cholesterol 37 mg, Carbohydrates 33 g, Total Sugars 5 g, Protein 11 g, Fiber 3 g, Sodium 694 mg*, Potassium 175 mg

**This sodium amount is reflective of using Greek salad dressing, and will be substantially lower if the recipe for dressing above is used instead.*



Source: Two peas and their pod