



Heart Month | Heart Healthy Recipe

Mediterranean Pasta — Entree

- 12 oz whole wheat penne pasta, cooked and drained
- 2 Tbsp olive oil –OR– oil from sun-dried tomatoes
- 2 cloves garlic, minced
- 1/2 cup sun-dried tomatoes, oil-packed, drained & chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 29 ozs diced tomatoes, canned, no salt added
- 1/4 cup black olives, sliced
- 1 tsp oregano
- 1/2 tsp black pepper
- 1/4 cup fresh parsley, minced
- 1/4 cup red wine vinegar
- 3 oz feta, reduced fat, crumbled

Yield: 10 cups
Serving size: 1 cup

In a large pot, warm oil; add garlic, peppers and dried tomatoes. Sauté until soft, 5-10 minutes. Add cooked pasta and remaining ingredients; toss until well mixed. This dish can be served hot or cold.

A heart healthy menu includes 1 or 2 vegetarian meals every week. Cheese can fit into heart healthy eating when it's reduced fat and used sparingly.

Nutrient info: 200 Calories, 32 g carbs, 8 g protein, 6 g total fat, 1.5 g saturated fat, 5 mg chol, 155 mg sodium, 3.5 g fiber