Fresh Italian Pasta Salad

INGREDIENTS:

- 4 oz. whole-wheat penne pasta (about 1½ cups)
- 6 oz. frozen peas
- 1 c. chopped red peppers
- ½ Tbsp. dried basil
- 1 (2.25-oz.) can black olives
- 1 c. chopped celery
- 1 c. chopped cucumbers

Dressing:
- 4 Tbsp. red wine vinegar
- 4 Tbsp. olive oil
- 2 cloves garlic, minced
- ¼ tsp. salt
- Dash ground black pepper

DIRECTIONS:

Cook pasta and frozen peas according to package directions. Drain, rinse with cold water and drain again. In a large bowl, combine cooked pasta, peas, red pepper, celery, cucumbers and olives. Sprinkle the basil over the top. In a separate bowl, combine the red wine vinegar, olive oil, garlic, salt and pepper; mix well. Pour the dressing over the pasta and toss gently to combine. Refrigerate until ready to serve.

NUTRITION:

Makes 12 servings. Each serving has 150 calories, 3.5 g fat, 5 g protein, 25 g carbohydrate, 1 g fiber and 75 mg sodium.