

## Colorful Vegetable Pasta Medley



### Makes:

4 servings

### Utensil:

Saladmaster Food Processor

3 Qt./2.8 L Sauce Pan with Cover

3 Qt./2.8 L Perforated Basket

3.5 Qt. Double Walled Bowl

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3

medium

tomatoes, chopped, approximately 1  $\frac{1}{2}$  cups

(225

g)

$\frac{1}{2}$

teaspoon

salt

(3

mL)

1

small

red onion, julienned, use Cone #2

(150

g)

$\frac{1}{2}$

teaspoon

fresh ground pepper

(3

g)

1

tablespoon

fresh lemon zest, grated, use Cone #1

(4  
g) 8  
ounces  
whole wheat fettuccine pasta  
(280  
g) <sup>1</sup>?<sub>2</sub>  
cup  
Feta cheese, crumbled  
(75  
g) 1  
teaspoon  
fresh oregano  
(5  
mL) <sup>1</sup>?<sub>4</sub>  
cup  
olives, green or black olives, sliced, use cone #4  
(40  
g)

**Directions:**

1. In double-walled salad bowl combine chopped tomatoes, onion, lemon zest, olives, salt and pepper. Marinate for 30 minutes.
2. Place pasta in 3 quart inset and place in sauce pan with water, as per directions on package. When cooked drain cooked pasta.
3. Place in salad bowl with other ingredients and toss. Sprinkle with feta cheese and fresh oregano and serve warm.

Nutritional Information per Serving

**Calories:**

244

**Total Fat:**

2g

**Cholesterol:**

9mg

**Sodium:**

306mg

**Total Carbs:**

35g

**Protein:**

10g