

## 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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### Recipe:

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3 medium  
tomatoes, chopped, approximately 1 ½ cups  
(225  
g)  
½ teaspoon  
salt  
(3  
mL)  
1 small  
red onion, julienned, use Cone #2  
(150  
g)  
½ 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)  
½ cup  
Feta cheese, crumbled  
(75  
g)  
1 teaspoon  
fresh oregano  
(5  
mL)  
¼ 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** 35g  
**Carbs:**  
**Protein:** 10g