

# Summer Pasta Salad



## Ingredients

- 4-cups uncooked pasta, tri-colour or multigrain rotini.
- 450g (~2 cups) cherry tomatoes, diced
- 1-large green bell pepper, diced
- 1-cup pitted black olives, sliced
- 2-cups bocconcini, quartered
- 1/4-cup red onion, minced
- 1/2-cup fresh parsley, shredded
- 1/2-cup parmesan cheese (shredded)
- 1/2-cup extra virgin olive oil
- 1/4-cup red wine vinegar
- 1-tsp dried oregano
- 1-tsp dried basil
- Salt and pepper (to taste)

*A nice refreshing pasta salad on a hot summer day is just what you need. Enjoy!*

*Yours in health,  
Jessica Pfile, Registered Dietitian*

## Method

1. Cook pasta as per instructions on package (undercook pasta by a minute or two).
2. Drain in a colander and rinse with cold water to prevent further cooking.
3. In a large salad bowl, add tomatoes, bell pepper, olives, bocconcini, onion, parsley and parmesan cheese.
4. In a different bowl, whisk the olive oil, vinegar, dried oregano and basil.
5. Add the cooked pasta to the salad bowl, drizzle with the dressing and chill in the fridge for ~30-minutes before serving (optional).