





INGREDIENTS

- 8 Ounces Pasta (enriched or whole grain rich)
- 1 Cup Cherry Tomatoes (halved)
- 1 Cup Cucumber (diced)
- 1 Cup Bell Pepper (diced)
- 1 Cup Red Onion (thinly sliced)
- ½ Cup Olives (sliced)
- ¼ Cup Olive Oil
- Juice of 1 Lemon
- 1 Teaspoon Oregano
- Salt and Pepper (to taste)
- Crumbled Feta Cheese (optional)

DIRECTIONS

1. Cook the pasta according to package instructions. Drain and let cool.
2. In a large bowl, combine all chopped vegetables.
3. In a separate bowl, whisk together olive oil, lemon juice, oregano, salt and pepper.
4. Toss the cooled pasta with the vegetables and dressing until well coated.
5. Serve chilled or at room temperature, garnished with feta cheese if desired.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

8 Cups

PORTION SIZES

- Toddler:** ½ Cup
- Preschool:** ½ Cup
- School Age:** 1 Cup
- Adult:** 2 Cups