

Greek Tortellini Salad

Make this salad ahead of time for a quick and healthy side dish or light meal! The peppers and onion add colour and crunch and will help you meet your goal of 7–10 Canada’s Food Guide servings of Vegetables and Fruit daily.



Ingredients:

9 oz	Cheese tortellini, cooked and drained	260 g
1 medium	Red pepper, sliced	1 medium
1 medium	Green pepper, sliced	1 medium
1 small	Red onion, sliced	1 small
¼ cup	Black olives, pitted and sliced	60 mL
¼ cup	Crumbled feta cheese	60 mL
2 Tbsp	Olive oil	30 mL
2 Tbsp	Vinegar	30 mL
½ tsp	Dried oregano	2 mL
¼ tsp	Black pepper	1 mL

Directions:

1. Combine the cooked pasta, red and green pepper, red onion, black olives, and feta cheese in a large bowl.
2. Mix well.
3. Cover with plastic wrap.
4. Chill for 30 minutes to blend flavors.
5. Add olive oil, vinegar, oregano and pepper. Mix well before serving.

Makes 4 servings (250 mL/ 1 cup/ 206 g)

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Nutrition Facts	
Per 1/4 of recipe (250 mL/ 1 cup/ 186 g)	
Amount	% Daily Value
Calories 320	
Fat 15 g	23 %
Saturated 5 g + Trans 0 g	25 %
Cholesterol 35 mg	
Sodium 410 mg	17 %
Carbohydrate 37 g	12 %
Fibre 3 g	12 %
Sugars 4 g	
Protein 11 g	
Vitamin A	20 %
Vitamin C	150 %
Calcium	15 %
Iron	15 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Source of potassium	229 mg
High in calcium	166 mg
Source of magnesium	27 mg
Source of folate	16 mcg
Source of iron	1.8 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.