

Avocado and Artichoke Pasta Salad



Servings: 10

For the Pasta:

2 cups penne pasta

1 can artichoke hearts (398-ml)

drained and chopped

2 tomatoes, seeded and chopped

1 avocado, peeled and cubed

1/4 cup parmesan cheese, grated

For the Dressing:

1/4 cup olive oil

2 tablespoons lime juice

1 tablespoon fresh parsley, chopped

1 1/2 teaspoons lime zest

1/2 teaspoon black pepper

In a pot of salted boiling water cook the penne pasta according to the package directions until al dente. Drain and set aside.

To a bowl add penne pasta, artichoke hearts, tomatoes, avocado, and parmesan cheese.

In a separate bowl whisk together olive oil, lime juice, parsley, lime zest, and pepper.

Pour the dressing over the pasta mixture and toss to coat.

Refrigerate until ready to serve.

Per Serving (excluding unknown items): 184 Calories; 10g Fat (49.0% calories from fat); 5g Protein; 18g Carbohydrate; 3g Dietary Fiber; 4mg Cholesterol; 79mg Sodium; 1g Total Sugars; trace Vitamin D; 82mg Calcium; 1mg Iron; 235mg Potassium; 100mg Phosphorus. Exchanges: .