



MEDITERRANEAN PASTA SALAD

SAVE  MORE
THAN FOOD
MAKE A DIFFERENCE

MEDITERRANEAN PASTA SALAD

INGREDIENTS



PASTA
8 oz



CHOPPED VEGETABLES
2-3 cups



MARINATED
VEGETABLES
1 cup (optional)



CRUMBLLED CHEESE
½ cup (optional)



CHOPPED HERBS
½ cup



OLIVE OIL
½ cup



VINEGAR
2 Tbsp
(red wine, balsamic, etc.)



GARLIC POWDER
1 tsp



DRIED OREGANO
1 tsp



SALT
½ tsp



PEPPER
½ tsp

USE WHAT YOU HAVE ON HAND, BUT FOR A MEDITERRANEAN FLAVOR, TRY THESE COMBINATIONS:

- **Pasta:** rotini, farfalle, penne
- **Vegetables:** cucumbers, cherry tomatoes, red onions, bell peppers, zucchini, eggplant
- **Marinated vegetables:** artichoke hearts, roasted red peppers, olives, sun-dried tomatoes, capers, garlic
- **Cheese:** feta, goat or any crumbled cheese
- **Herbs:** mint, parsley, basil, oregano

FOOD SAVING HACKS

Don't toss leftover dressing packets or nearly empty bottles — mix and match to create your own signature dressing while reducing food waste.

YIELD: 4-6 SERVINGS

TIME: 20 MINUTES

INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Add the pasta and cook according to the package instructions. Drain and rinse under cold water to cool.
2. While the pasta cooks, chop the vegetables, herbs and crumble the cheese.
3. In a small bowl, whisk together olive oil, vinegar, garlic powder, oregano, salt and pepper until well combined.
4. In a large bowl, toss the cooled pasta, vegetables and fresh herbs.
5. Pour the dressing over everything and toss well. Gently fold in the crumbled cheese.
6. Serve immediately or refrigerate for 1-2 hours to allow the flavors to blend

SAVE MORE THAN FOOD! Don't toss soft tomatoes or bendy cucumbers — they're still perfect for pasta salad. Chopping them into smaller pieces helps them blend right in while cutting down on food waste.