



## PASTA AND VEGETABLE SALAD

2/3 cup macaroni, dry  
1/3 cup orange juice  
2 Tbsp. Honey  
1 Tbsp. Chopped garlic  
1 Tbsp. Chopped shallot  
1 cup diced cucumber  
1/2 cup diced carrot  
1 cup diced tomato

1 cup diced pepper  
2 cups fresh spinach  
2 Tbsp. Olive oil  
1/4 tsp. salt  
1/2 tsp. black pepper  
3 Tbsp. Feta cheese  
4 Tbsp. Sliced black olives  
2 Tbsp. Dijon mustard

Prepare pasta according to package directions, omitting salt. Drain, rinse under cold water and drain.

Combine orange juice, honey, olive oil, Dijon mustard, garlic, shallots, salt and pepper. Combine pasta with cucumber, carrots, tomatoes, and peppers. Cover 2 to 24 hours. Before serving, add spinach and mix well. Top with feta cheese.

Yield: 6 servings

Nutrition Information: 250 Calories, 10 gm fat, 2 gm saturated fat, 0 gm trans fat, 5 mg cholesterol, 35 gm carbohydrate, 3 gm fiber, 7 gm protein, 420 mg sodium

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**William K. Nasser, MD 19<sup>th</sup> Annual Dining A La Heart Fundraiser Event  
to benefit THE REVIVING HEART PROGRAM**