

Pesto Salad

In order to reduce the sodium content of the pesto salad, I decreased the amount of canned olives, feta cheese, and parmesan cheese. Pesto sauce was replaced with fresh basil and canned tomatoes were replaced with fresh tomatoes which further reduced the salt usually found in the traditional recipes. No salt was added

Recipe submitted by Emilia Janeke, B.S. Dietetics

Amount	Measure	Ingredients	Preparation Method
1	Pound	Macaroni or farfalle	
6	Large	Tomatoes	Ripe, peeled and seeded
4	Medium	Red peppers	Roasted, peeled and cut into thin strips
1	Cup	Fresh basil	Finely chopped
10	Count	Greek olives	Halved and pitted
1	Ounce	Feta cheese	Crumbled
1	Cup	Fresh parsley	Finely chopped
3	Tablespoons	Parmesan cheese	Freshly grated
1	Tablespoon	Coarsely ground pepper	
2	Tablespoons	Red wine vinegar	
2	Quarts	Water	
1	Teaspoon	Olive oil	

1. Boil water in large pasta stock pot, adding a few drops of olive oil.
2. Cook macaroni according to directions until tender, remove from pasta pot.
3. Plunge tomatoes into boiling water and remove when skins split, which will allow them to be easily peeled and seeded.
4. Cut tomatoes into quarters and add to mixing bowl.
5. Slice roasted, peppers into ½ inch strips, and add to mixing bowl.
6. Add halved and pitted Greek olives, crumbled feta cheese, pepper, fresh basil, a few drops of red wine vinegar, about ½ of the grated parmesan cheese and parsley.
7. Mix thoroughly. Refrigerate for 30 minute or more before serving
8. Sprinkle remainder of parsley and parmesan cheese when serving

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Yield: Six (6)-Eight (8) ½ cup servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
DVD	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	173	233 (10%)	4 g (6%)	1.50	7 (2%)	3g (12%)

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