



Lemon and Watercress Pasta Salad

Ingredients

1 bunch watercress (about 2 cups)
12oz pasta (orecchiette works well)
4 Tbsp extra virgin olive oil
1 cup finely chopped Italian parsley
½ cup thinly sliced red onion
20-25 pitted kalamata olives, chopped
1 cup crumbled feta cheese
Juice of 1 lemon
Grated rind of 2 lemons
Salt and pepper to taste

Nutrition Facts (per serving)

Calories	444
Fat (g)	25
Saturated Fat (g)	6
Cholesterol (mg)	25
Sodium (mg)	698
Carbohydrate (g)	44
Fiber (g)	3
Protein (g)	13
Calcium (mg)	145

Preparation

Strip the watercress leaves from large stems. Wash leaves in a bowl of cold water, lift out to drain, and spin dry. Chop slightly, so leaves are separated from other leaves but still mostly whole.

Cook pasta according to package directions or until al dente. Drain and place in large bowl. Toss with 2 Tbsp of the olive oil. Let cool for 5 minutes.

Toss with remaining ingredients. Serve warm or at room temperature.

Serves 4

Serving Size: ¼ Recipe

