Dinner Tonight!

Quick Italian Tortellini Salad

1–9 ounce package cheese filled tortellini
1 1/2 cups fresh mushroom slices
1 1/2 cups broccoli florets
1 1/2 cups canned artichoke hearts
1/2 small red bell pepper, sliced
4 ounces light Italian salad dressing
1/2 teaspoon ground oregano
1/3 cup shredded fresh Parmesan cheese

Cook the tortellini al dente, according to package directions. Add broccoli florets and mushrooms before pasta is done (about 1 minute). Cook for remaining time until broccoli turns bright green and is crisp tender and the pasta is al dente (chewy to the bite). Drain and rinse pasta mixture under cool running water. Toss the pasta mixture with the artichoke hearts, red bell peppers, dressing, and oregano. Add the Parmesan cheese and toss again lightly.

If not serving immediately, cover and chill in refrigerator until ready to serve to let seasonings blend.

Preparation Time:  5 minutes
Cook Time: 10 minutes
Serves: 7
Cost per serving: $1.28

Nutrition facts per serving:
Calories: 110
Total Fat: 2.3 g
Cholesterol: 5.7 mg
Sodium: 437.4 mg
Total Carbohydrate: 18.1 g
Protein: 5.7 g

Serve with: Crusty bread, grilled chicken breast or pork tenderloin, and a piece of fresh fruit for a delicious meal