



Artichoke Pasta Salad

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

- 12 oz whole wheat rotini, small shells, or penne pasta
- 4 cloves garlic
- 2 Tbsp lite or olive oil mayonnaise
- 2 tsp Dijon mustard
- 1 tsp grated lemon zest
- 3 Tbsp lemon juice
- 1 cup marinated artichokes plus ¼ cup marinade
- 2 Tbsp grated Parmesan
- 4 cups torn escarole, arugula, or spinach

Steps:

- In a medium pot of boiling water, cook pasta according to package directions for al dente. Reserve ½ cup pasta water, then drain pasta in a colander. Set aside.
- Meanwhile, mince garlic. Sprinkle with ¼ tsp salt and drag the blade of a knife at an angle across mixture until a paste forms. Add garlic paste to a small bowl along with mayonnaise, mustard, lemon zest and juice, and artichoke marinade. Whisk to combine.
- Return the pasta to the pot. Add artichokes and dressing and toss, adding pasta water as needed to create a light sauce that coats pasta. Stir in Parmesan and season with salt and pepper. Refrigerate until chilled, 1 hour (or overnight). To serve, toss with escarole or your green of choice.

Tips from the Test Kitchen: Instead of creating the garlic pasts in step 2, you can leave the garlic finely minced to save time.

Nutritional Facts: Calories: 403, Carbohydrates: 36 grams, Protein: 14 grams, Total Fat: 22 grams, Saturated Fat: 4 grams, Cholesterol: 5 mg, Sodium: 227 mg, Fiber: 6 grams, Total Sugars: 2 grams.