

Pasta, Basil, and Cannellini Salad

Makes 8 to 9 cups or 10 generous servings

This tomato-bean combination gets its flavor from red onion, garlic, Italian seasoning, fresh basil, and Parmesan cheese. Serve as a main dish with foccacia bread and melon slices or as a side dish with grilled fish or chicken.

- 8 ounces dried ziti pasta
- 1 tablespoon olive oil
- 1 small red onion, chopped (about 1/3 cup)
- 2 large garlic cloves, minced
- 1 can cannellini beans, drained (14 ounces)
- 1 can diced tomatoes with juice (14 ounces)
- 1/2 cup sliced black olives (2 ounces)
- 1/3 cup chopped fresh basil
- 1/3 cup grated Parmesan cheese (1 1/2 ounces)
- 1/4 cup red wine vinegar
- 1 teaspoon Italian seasoning

1. In a large pot of boiling water, cook pasta according to package directions until tender but firm, 10-12 minutes. Drain. Rise briefly with cold water. Drain again. Set aside.
2. Heat oil in a small skillet over medium heat and sauté onion and garlic for 2-3 minutes, until limp but not browned. Remove from heat.
3. In a large non-aluminum bowl, gently toss together sautéed onion and garlic, pasta, and remaining ingredients. Refrigerate for at least 1 hour before serving. Serve cold.

Per serving: Calories: 156, Fat: 3 g, Cholesterol: 0 mg, Sodium: 281 mg, Protein: 4 g, Carbohydrate: 26 g

Source: Eating Thin for Life, Anne M. Fletcher, MS, RD