

# Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST  
OF TODAY'S CHAOS

## "Sweep the Kitchen Pasta Salad"

### Ingredients

8 oz pasta (any shape)

2.25 oz can sliced black olives

2 oz crumbled feta cheese

1/2 lb broccoli

1/4 cup sun dried tomatoes

1/3 cup Italian dressing

### Instructions

Cook pasta according to pkg directions, drain. While pasta is cooking, finely chop broccoli, drain olives, and roughly chop sundried tomatoes. Once pasta is drained, add it to a large bowl along with broccoli, olives, tomatoes, and cheese. Pour dressing over top and stir until combined. Serve immediately or refrigerate up to 4 days.

\*Swaps - substitute the above veggies for artichoke hearts, bell peppers, red onion, kale, spinach, cauliflower, cucumbers, or whatever you have on hand.

Source: [budgetbytes.com](http://budgetbytes.com)

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EXTENSION