Dinner

Bowtie Pasta with Peas, Feta and Dill

10 Mins	**12-15 Mins**	**4**
Prep Time	**Cook Time**	**Servings**

472 Calories 12g Fat 73g Carbs 19g Protein

Ingredients

👤 **4 Servings**   🕐 **25 Mins** Total Time   🚫 **Allergens:** Gluten, Dairy

12 oz Bowtie Pasta

1½ Cups Green Peas, frozen 💙

2 Tbsp Olive Oil

2 Tbsp White Wine Vinegar

1 Garlic Clove

4 oz Feta Cheese, crumbled

⅓ Cup Fresh Dill, washed and chopped

Salt and Pepper, to taste

Allergen Swap

Gluten Substitute the pasta for a gluten-free pasta

Dairy Omit the feta cheese and replace with a vegan cheese

Nourishment Note

💙 **Peas**

Peas are an excellent source of fiber and plant-based protein, both of which can help you feel full longer. They are also a rich source of antioxidants, which may help to lower inflammation.

![Meijer Rx specialty pharmacy logo]

Instructions

1. Wash Hands
Wash hands with soap and water.

2. Cook Pasta
In a large pot, bring water to a boil. Cook bowtie pasta, per package directions. In the last minute of cooking, add the frozen peas.

3. Combine Ingredients
While the pasta cooks, whisk together the olive oil and vinegar in a small bowl. Smash a clove of garlic and add to the mixture. Season with salt and pepper and whisk well.

4. Serve and enjoy!
When the pasta and peas are finished cooking, drain in a colander and rinse with cool water. Pour pasta into large serving bowl. Remove garlic clove from olive oil mixture and pour over pasta. Add feta cheese and chopped dill. Toss to combine. Season with additional salt and pepper, if desired. Serve hot or cold!

5. Wash Hands
Wash hands with soap and water.

Recipe adapted from A Couple Cooks

What You'll Need

- Measuring Cups
- Measuring Spoons
- Knife
- Cutting Board
- Pot
- Small Bowl
- Spoon
- Colander
- Whisk
- Large Serving Bowl

Breathe Better Food Tip

- White wine vinegar may contain salicylates and/or sulfites. If you find bothersome, substitute the vinegar for fresh squeezed lemon juice