

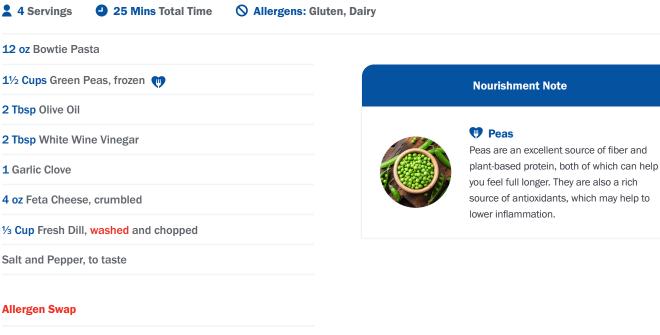
Dinner

# Bowtie Pasta with Peas, Feta and Dill

| <b>10 Mins</b> | <b>12-15</b>    |           | 4           |
|----------------|-----------------|-----------|-------------|
| Prep Time      | Cook T          |           | Servings    |
| 472 Calories   | <b>12</b> g Fat | 73g Carbs | 19g Protein |



### Ingredients



Gluten Substitute the pasta for a gluten-free pasta

Dairy Omit the feta cheese and replace with a vegan cheese

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# 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 <u>A Couple Cooks</u>

## **What You'll Need**

|                    | Measuring Cups     |
|--------------------|--------------------|
| E<br>E             | Measuring Spoons   |
| ſ                  | Knife              |
| P                  | Cutting Board      |
| Ť                  | Pot                |
| $\bigtriangledown$ | Small Bowl         |
| Ŷ                  | Spoon              |
|                    | Colander           |
| 8                  | Whisk              |
| $\Theta$           | 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