

CHELTEN HOUSE  
*Menu Inspirations*

**MEDITERRANEAN  
PASTA SALAD**

**LUNCH**      **PORTION SIZE: 1 SERVING**

**Ingredients**

- 2/3 cup Rotini Pasta, cooked & cooled
- 1/4 cup Roasted Red Peppers, strips
- 2 tbsp Black Olives, sliced
- 1/4 cup Artichoke Hearts, quarters
- 6 pieces Cucumbers, cut in half, scoop the seeds and cut into half moons
- 3 tbsp Carrots, julienne
- 2 oz **Chelten House Organic Roasted Red Pepper Vinaigrette**
- 1 cup Baby Arugala

**Garnish**

- 1/4 cup Feta Cheese, small cubes
- 3 to 4 Red Onion Rings, thinly sliced
- 1 tbsp Capers, drained
- Crispy Pita Strips, as needed



**Method:** Toss first 6 ingredients with the **Chelten House Roasted Red Pepper Vinaigrette** and set aside. Use more vinaigrette as needed. Place Arugala on plate and top with the tossed pasta and vegetables. Garnish attractively with the feta, red onion, capers and crispy pita strips.



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