



Mediterranean Pasta Salad

By Chef Veera Gaul, Ph.D.



Ingredients

1 lb short pasta (O&V Monnezaglia or Orecchiette) or penne
5 tablespoons O&V [Garden Herb vinegar](#) *
4-5 tablespoons O&V [Roasted Garlic oil](#) *
1-2 tablespoons O&V [Peperoncini oil](#) *
2 teaspoons O&V [Mélange de France seasoning](#) mix *
6-8 oz crumbled feta
½ cup O&V [Sundried Tomato Stuffed Olives](#) *
½ cup O&V [Sundried tomatoes](#), chopped *
2 cups spinach, roughly chopped or whole baby spinach
1 orange or yellow bell pepper, chopped
1 cup cherry tomatoes, halved
2 tablespoons minced oregano (plus some whole leaves for garnish)
¼ cup minced parsley (plus some whole leaves for garnish)
½ lb pepperoni or prosciutto, sliced (optional)
¼ cup pine nuts, lightly toasted
Salt and pepper to taste

Preparation

In a small bowl combine oils, vinegar and Mélange de France mix with a whisk. Use the whole 2 tablespoons of Peperoncini oil for a spicier version, and less to lower the heat. Replace with additional Roasted garlic oil for a total of 6 tablespoons of oil.

Cook pasta in well salted water until al dente per package instructions. Drain and toss while warm with the seasoning mix. Add the spinach and toss while warm to wilt the spinach.

Once at room temperature, toss in the quartered olives, sundried tomatoes, chopped bell pepper, cherry tomatoes, feta cheese, oregano, parsley and meat (if using). Season with salt, pepper and chili flakes if you like additional heat and garnish with pine nuts and a few leaves of oregano and parsley

Feel free to add other vegetables like chopped zucchini or red onions or substitute the meat with grilled chicken pieces or pan sautéed tofu

Serves 6

Total Time: 15 minutes

Notes

* The [Roasted Garlic oil](#) provides nice garlicky flavor without the addition of pieces of garlic to bite into. The combination with the spicy [Peperoncini oil](#) and herbal [Garden Herb](#) vinegar add a nice balance of heat and tang. You can choose to use a high quality [Unflavored EVOO](#) and add some chopped garlic and chili flakes.

I love the taste of the delicious, multi-purpose [Melange de France](#) seasoning blend with its notes of healthy curcuma and coriander. You may substitute with O&V favorites like [Toscana Dipper Mix](#) or your favorite Italian blend of spices.

The [Sundried Tomatoes](#) and [Sundried Tomato Stuffed Olives](#) add great flavor. Other options include a dollop of a good tomato-based tapenade and olives of your choice.

Just remember that the flavors and excellence of the ingredients will dictate the quality of this simple dish.

Categories: Entrée, Dairy Free Option, Vegan Option, Vegetarian Option, Easy Weeknight Meal, Potluck Dish, BBQ Side, Make Ahead Lunch, Roasted Garlic Oil, Peperoncini Oil, Garden Herb Vinegar, Mélange de France Seasoning, Marc de Champagne vinegar, Tuscan Dipper, Sundried Tomatoes, Sun dried Tomato Stuffed Olives, Pasta Salad, Mediterranean, Tuscan Pasta Salad, Greek Pasta Salad, French.