



Pasta Salad with Turkey, Peppers, Olives, and Tomatoes

1 pound fusilli or rotini (spiral) multi-colored pasta, cooked al dente (tender with a firm bite)
1 pound smoked turkey breast, diced (we use leftover turkey roast)
1 pound fresh broccoli florets, cooked al dente
1 6-ounce jar roasted peppers, drained and diced
1 14 ½-ounce can water-packed artichoke hearts, drained and quartered (optional)
1 15-ounce can whole baby corn spears, drained (or fresh corn scraped from the cob)
1 cup pitted black olives
8 plum tomatoes, quartered (or cherry tomatoes)
4 tablespoons olive oil
2 tablespoons cider vinegar
¼ teaspoon pepper
½ cup freshly grated Parmesan cheese
6 sprigs fresh basil leaves for garnish

In a large salad bowl, toss pasta, turkey, broccoli, roasted red peppers, artichoke hearts and baby corn. Chill. In a separate bowl, chill olives and tomatoes.

Just before serving, combine olive oil, vinegar, and pepper. Pour over pasta and vegetables. Add olives and tomatoes. Toss again. Sprinkle with Parmesan cheese. Garnish with fresh basil leaves.

Serves 8 – 12. *Per Serving (analyzed for 12): 332 calories, 41 grams carbohydrate, 7.6 grams fat, 34 mg cholesterol, 2 grams fiber, 330 mg sodium.*

October's Recipe of the Month was submitted by Sybil and Bill Becker, long time [Heart Path](#) participants. This salad has become a favorite of the Beckers. Their changes to the recipe are those that are in parenthesis above. Although the recipe originally said 8 servings, they have found that it can serve 12 easily. This would be great for a potluck supper.

Adapted from our new "Cookbook of the Quarter," *Don't Eat Your Heart Out Cookbook*, by Joseph Piscatella. The cookbook is available at Asheville's Barnes & Noble (discounted 20% through December).

Your Partners in Health,
Candace and Lucy