

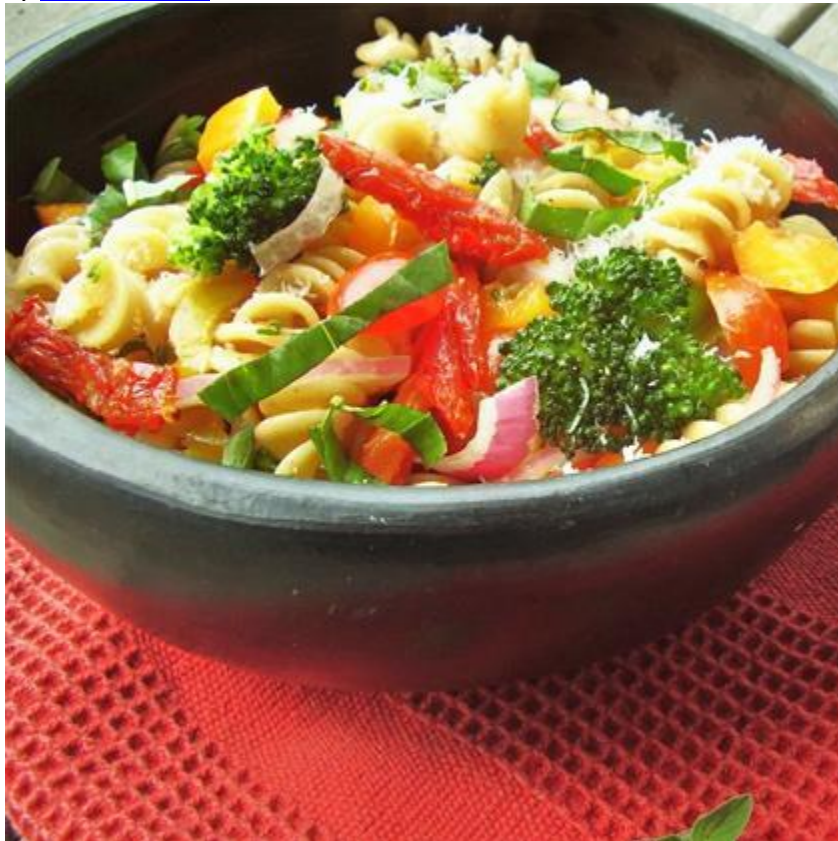
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Full article: <http://www.shape.com/healthy-eating/meal-ideas/nutrition-experts-favorite-brown-bag-lunches>

Nutrition Experts' Favorite Brown-Bag Lunches

These easy, balanced, take-to-work meals will give you the energy you need to confidently face down that long afternoon to-do list

By [Jessica Smith](#)



Veggie Pasta Salad

A little pasta goes a long way—and for minimal calories—when you mix it with lots of fresh, low-calorie vegetables. This Mediterranean-inspired meal from [registered](#) dietitian [Jackie](#)

[Newgent](#) also forces you to sit and eat with a fork (hopefully not at your desk!) instead of shoveling something in on the run.

Tote-it tip: This salad stays fresh in a sealed container for up to three days, so portion out individual servings and bring two to work on Monday and save one for Wednesday.

Serves: 8

Ingredients:

1 box (16 ounces) whole-grain rotini pasta
1/2 cup extra-virgin olive oil
2 cups chopped broccoli florets
1 large clove garlic, minced
1/3 cup [red wine vinegar](#)
3/4 cup grated Pecorino-Romano or Parmigiano-Reggiano cheese
1 jar (6 ounces) marinated artichoke hearts, drained and chopped
1 large orange bell pepper, diced
1 pint grape tomatoes, halved lengthwise
1 small red onion, halved and thinly sliced
1/2 cup sun-dried tomatoes (not oil-packed), thinly sliced, rehydrated (if necessary)
1/3 cup hot [banana pepper](#) rings, drained
1/2 cup thinly sliced fresh basil
2 teaspoons finely chopped fresh oregano
1 1/4 teaspoons sea salt
3/4 teaspoon freshly ground black pepper

Directions:

Cook pasta according to package directions until al dente. Drain (do not rinse) and toss with 1/4 cup oil, broccoli, and garlic in a large bowl. Set aside to cool for about 30 minutes. Add vinegar and cheese, tossing to coat. Add artichoke hearts, bell pepper, grape tomatoes, onion, sun-dried tomatoes, hot pepper, basil, oregano, salt, and black pepper, and toss to combine. Chill until ready to serve, then toss with remaining 1/4 cup oil. (If you prefer room-temperature pasta salad, take out of the fridge about 30 to 45 minutes prior to serving.)

Nutrition score per serving (about 1 1/2 cups): 360 calories, 18g fat (4g saturated), 42g carbs, 12g protein, 6g fiber

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