Alaska Surimi Seafood, Lemon, Artichoke & Pesto Whole Wheat Pasta Salad

Prep time: 10   Cook time: 10   Servings: 6 to 8

8 oz. uncooked whole wheat rotini pasta
1/4 cup fresh lemon juice
1 Tablespoon grated lemon zest
1 teaspoon salt
1/2 teaspoon coarse black pepper
1 Tablespoon minced fresh garlic
Pinch of red pepper flakes
1/2 cup purchased basil pesto
1 can (13-3/4 oz.) whole or quartered artichoke hearts, drained and coarsely chopped
1/2 cup small-diced red onion
1 pint cherry tomatoes, cut in half
1/2 cup coarsely chopped Italian parsley
1 lb. Alaska Surimi Seafood (Imitation Crab)

Cook pasta according to package directions. Drain well and let cool.

In a large bowl, mix together lemon juice and zest, salt, pepper, garlic, pepper flakes and pesto. Add artichoke hearts, onion, tomatoes, parsley, Alaska Surimi Seafood and cooled pasta. Stir to coat well. Refrigerate until ready to serve.

Nutrients per 6 oz. serving: 226 calories, 7g total fat, 2g saturated fat, 28% calories from fat, 18mg cholesterol, 14g protein, 29g carbohydrate, 6g fiber, 427mg sodium, 121mg calcium, and 260mg omega-3 fatty acids.