



## Crawfish Muffaletta Salad

All the components of a muffaletta, an Italian signature sandwich of New Orleans, tossed together in an amazing crowd pleasing salad. Olive salad, the key ingredient, is found in a jar- if not available, raid olive salad bar and chop finely.

Makes 8 (1-cup) servings

6 cups cooked orzo pasta  
3-4 ounces prosciutto, chopped  
1 (14-ounce) can artichoke hearts, drained and chopped  
1/2 cup chopped roasted red pepper (found in jar)  
3/4 cup olive salad mix, drained  
3/4 cup chopped red onion  
1/3 cup crumbled reduced-fat feta cheese  
1 pound cooked crawfish, optional

1. In large bowl, mix together all ingredients, adding shrimp if desired. Refrigerate until serving.

**Nutritional information per serving:**

Calories 328, Calories from fat 37%, Fat 13g, Saturated Fat 1g, Cholesterol 12mg, Sodium 689mg, Carbohydrate 40g, Dietary Fiber 2g, Sugars 3g, Protein 11g, Dietary Exchanges: 2 starch, 1/2 other carbohydrate, 1 lean meat, 2 fat