



Spinach and Bow Tie Pasta Salad with Fresh Pears

Serves 12

Salad:

6 cups fresh spinach, washed
2 cups bow tie pasta, cooked and rinsed
2 pears, peeled, cored, and thinly sliced
½ cup toasted walnuts
½ cup sliced almonds, toasted
½ cup raisins
½ cup chopped dried apricots
½ cup chopped green onions
½ cup diced red bell pepper
¼ cup chopped Italian Parsley

Dressing:

2 tbsp Italian seasoning
¼ cup grape seed oil or extra virgin olive oil
2 tbsp raspberry vinegar
1 tsp Dijon mustard
1 tbsp honey
1 tbsp freshly cracked pepper
2 tsp kosher salt

1. Combine salad ingredients into a large bowl and toss to combine.
2. In medium size bowl whisk together dressing ingredients.
3. When ready to serve, drizzle dressing over salad and toss to coat. Serve with toasted crostini.

Nutritional Analysis

Serving Size: 1 cup

Calories	199
Total Fat	12g
Saturated Fat	1g
Cholesterol	8mg
Sodium	418mg
Carbohydrates	22g
Dietary Fiber	4g
Protein	4g
Sugars	9g

Diabetic Exchanges:

Protein	1
Fat	2
Carbohydrates	2