



Spinach and Bow Tie Pasta Salad with Fresh Pears

Recipe Courtesy Chef Bryan Woolley

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.
4. Serves approximately 12 – 1 cup servings.

Nutrition Facts

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

Diabetic Exchanges

Protein 1
Fat 2
Carbohydrates 2

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