



## **Spinach and Artichoke Pasta Salad**

Recipe courtesy Chef Bryan Woolley

1/3 cup extra virgin olive oil  
Juice of one lemon  
½ bag baby spinach, cleaned, trimmed and patted dry  
1 (15 oz) can artichoke hearts, rinsed, drained and coarsely chopped  
1/3 pound fresh mozzarella, cut into small chunks  
½ cup pitted Kalamata olives, coarsely chopped  
½ medium red onion, finely chopped  
½ cup flat leaf Italian parsley, chopped  
1 lb whole wheat penne pasta, cooked, drained  
Salt and pepper to taste

1. Combine 1<sup>st</sup> three dressing ingredients in bottom of serving bowl.
2. Add remaining ingredients, tossing as you go to thoroughly combine.
3. Season to taste and serve. Makes 6 servings.

### **Nutrition Facts**

Serving Size: 1/6 recipe  
Calories: 540  
Total Fat: 24g  
Saturated Fat: 6g  
Cholesterol: 20mg  
Sodium: 460mg  
Carbohydrates: 66g  
Dietary Fiber: 8g  
Protein: 16g

### **Diabetic Exchanges**

Protein: 2  
Fat: 5  
Carbohydrates: 4