



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 1st 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