

Pasta Salad Florentine

Ingredients:

- 6 ounces small tube-shaped pasta
- 2 cups torn fresh spinach
- 2 cups halved cherry tomatoes
- 1-1/2 cups (10 oz) frozen peas
- 1/2 cup, shelled pistachios (optional)
- 2 tablespoons honey
- 2-1/2 tablespoons Dijon mustard
- 3 tablespoons red wine vinegar
- 1-1/2 teaspoons dried oregano
- 1/2 teaspoons garlic powder

Directions:

Drop pasta into boiling water; return to boil. Cook to 15 minutes or until tender. Drain. Place peas in sieve and thaw with hot running water. Toss pasta, spinach, tomatoes, peas, pistachios and dressing in large bowl.

Dressing:

Combine 2 Tbsp honey, 2 1/2 Tbsp Dijon mustard, 3 Tbsp red wine vinegar, 1 1/2 tsp dried oregano (crumbled) and 1/2 tsp garlic powder. Makes 1/2 cup.

Nutrition Facts			
Serving Size @ 1/2 cup serving (157g)			
Servings Per Container 6-8			
Amount Per Serving			
Calories	180	Calories from Fat	5
% Daily Value*			
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	200mg		8%
Total Carbohydrate	36g		12%
Dietary Fiber	5g		20%
Sugars	8g		
Protein	7g		
Vitamin A	45%	•	Vitamin C 25%
Calcium	4%	•	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

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Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 6-25-08