

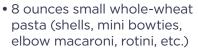




University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service

Rainbow Pasta Salad





- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad dressing:

- 1/4 cup olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.

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- 3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
- 4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
- 5. Top with chopped nuts, if using.
- 6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
- 7. Refrigerate leftovers within 2 hours.

Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings Serving Size: 1 1/2 cups Cost per recipe: \$12.87 Cost per serving: \$1.84



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Nutrition facts per serving:

250 calories; 9g total fat; 1g saturated fat; Og trans fat: Omg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; Og added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Source:

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