



Spinach Pasta Salad



Ingredients

2 cups cooked **pasta** (try whole wheat shells, bow ties, macaroni or other small shapes)

4 cups **spinach**

1/4 cup **dried cranberries**

2 Tablespoons **sunflower seeds**

1 can (15 ounces) **mandarin oranges**, drained

2 Tablespoons chopped **cilantro** or **parsley**

DRESSING

2 Tablespoons **teriyaki sauce**

2 Tablespoons **vinegar**

1/4 teaspoon **garlic powder**

1/8 teaspoon each **salt** and **pepper**

1 1/2 teaspoons **sugar**

1 Tablespoon **vegetable oil**

Directions

1. In a large bowl, mix together teriyaki sauce, vinegar, garlic powder, salt, pepper, sugar and vegetable oil.
2. Add cooked pasta, spinach, dried cranberries, sunflower seeds, mandarin oranges and cilantro or parsley, if desired. Mix well. Cover and chill until ready to serve.
3. Refrigerate leftovers within 2 hours.

Notes

Try a low fat Asian Salad Dressing from the store to replace the dressing ingredients.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Makes: 5 cups
Prep time: 15 minutes

Nutrition Facts

Serving Size 3/4 cup (127g)
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 4g

Vitamin A 25% • **Vitamin C** 30%

Calcium 2% • **Iron** 8%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4