

RECIPE

Mango Berry Rotini Salad

Start to Finish: 30 minutes Servings: 4

Ingredients:

- 1 cup (4 oz) whole-wheat rotini pasta, uncooked
- 1 ripe mango
- 1 cup raspberries
- 1 cup blueberries
- 2 cups fresh baby spinach
- 1/2 cup reduced-fat feta cheese
- 3 tablespoons extra virgin olive oil
- 2 tablespoons raspberry vinegar
- 1 teaspoon sugar
- 1 teaspoon poppy seeds
- 1/4 teaspoon salt

Directions:

1. In a small bowl, whisk vinaigrette ingredients and set aside.
2. Boil water and cook rotini according to package instructions. Drain cooked rotini and rinse in cool water.
3. While rotini is cooking, peel, pit and cut mango into chunks.
4. Place salad ingredients in a large bowl and drizzle with vinaigrette. Toss gently.



Nutrition Information Per Serving:

430 Calories; 15 g Total Fat; 3 g Saturated Fat; 0 g Monosaturated Fat; 14 g Fiber; 5 mg Cholesterol; 400 mg Sodium; 65 g Carbohydrates; 18 g Sugars; 6 g Protein