

# Beet-All Pasta Salad



## Ingredients

- 2 cups cooked spiral whole-wheat pasta
- 3 cups fresh baby spinach, shredded
- 1½ cups fresh beets, grated or thinly sliced
- ¼ cup chopped red onion
- 2 tbsp. chopped walnuts
- 1 tbsp. real maple syrup
- 1 tbsp. balsamic vinegar
- 1 tsp. virgin olive oil

## Directions

1. Mix pasta, spinach, beets, onion and walnuts in a salad bowl.
2. Combine maple syrup, vinegar and olive oil in a small jar and shake well. Pour over salad.
3. Serve immediately or cover and refrigerate until you're ready to eat.

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## PER SERVING

### **Makes six side-dish servings. Each serving provides:**

123 calories, 4 grams protein, 3 grams fat, no cholesterol, 23 grams carbohydrate, 3 grams fiber, and 120 milligrams sodium