

## Autumn crunch pasta salad

### Dressing Ingredients:

- 2 Tbsp apple cider vinegar
- 2 Tbsp white wine vinegar
- 2-4 Tbsp granulated sugar
- 1/8 tsp each: paprika & onion powder
- 4 Tbsp olive oil
- 1/2 Tbsp poppy seeds

### Salad Ingredients:

- 1.5 cups small pasta, dry
- 8 cups spinach leaves
- 3/4 cup chopped celery
- 3/4 cup dried cranberries
- 1 can (15 oz) mandarin oranges, drained
- 1 large Granny Smith Apple, sliced
- 1 tsp lemon juice
- 1/3 cup pecan halves
- Optional: feta cheese - to taste

### Directions:

1. In a blender or shaker bottle combine the apple cider vinegar, white wine vinegar, sugar, paprika, and onion powder. Pulse or blend for about 10 seconds. Slowly add in the oil and pulse until just combined. Stir in the poppy seeds.
2. Cook the pasta according to package directions.
3. Drain the pasta once it's cooked through, rinse under cold water, place in a large bowl and immediately toss a few tablespoons of the dressing with the pasta.
4. Chill the dressed pasta in the fridge while preparing remaining ingredients.
5. In a large bowl, combine spinach with the chopped celery, cranberries, mandarin oranges, apples and lemon juice in a large bowl.
6. Pour dressing over the salad and toss. Add in the completely cooled pasta and pecans, toss with the rest of the salad.
7. Add feta cheese, if desired.



### Nutrition Facts

**Serving Size:** 1 cup

Servings Per Recipe: 11

#### Amount Per Serving

**Calories** **128**

Total Fat 4g

Saturated Fat 1g

Sodium 89mg

#### Total Carbohydrate

22g

Dietary Fiber 3g

Sugars 13g

Protein 4g