



Nutty Pasta Salad

Ingredients

2 tbsp olive oil
¼ cup chopped almonds (toasting is optional, and tasty!)
1 tsp parsley
2 tbsp Dijon mustard
1 tbsp blue cheese crumbles/ optional
3 cups cooked pasta – any type will work.
2 cups chopped greens – spinach is good
2 tbsp lemon juice
¼ tsp sugar or sugar substitute

Instructions

- 1) Combine all ingredients except greens and lemon juice in a large bowl and toss.
- 2) Serve on top of greens with lemon juice and salt.

Final Step – ENJOY!