

## Ingredients

2 tbsp olive oil  
1/4 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  
1/4 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!