

Warm Asparagus Spinach Salad

Check out this great summer salad. It's the right time of the year to enjoy fresh spinach and asparagus.

Ingredients

1.5 pounds fresh asparagus, trimmed and cut into 1 inch pieces
2 tbsp plus 1/2 cup olive oil, divided
1/4 tsp salt
1.5 pounds uncooked penne or medium tube pasta
3/4 cup chopped green onions
6 tbsp white wine vinegar
2 tbsp soy sauce
6 oz. of baby spinach
1 cup coarsely chopped cashews
1/2 cup shredded Parmesan cheese
(Some healthy variations you can make to this recipe include using whole wheat pasta and reducing the amount of cashews and cheese.)



Instructions

Place asparagus in a 13 x 9 inch baking dish. Drizzle with 2 TBS oil; sprinkle with salt. Bake, uncovered, at 400 degrees for 20-25 minutes or until tender, stirring every 10 minutes. Meanwhile, cook pasta according to package directions; drain. For dressing, combine the onions, vinegar, and soy sauce in a blender; cover and process. While processing, gradually add the remaining oil in a steady stream. In a large salad bowl, combine pasta, spinach and asparagus. Drizzle with dressing; toss to coat. Sprinkle with cashews and Parmesan cheese. Serve immediately.

Nutritional Information

Serves 15.

Calories: 184.6

Total Fat: 11.2g

Cholesterol: 17mg

Protein: 5.9g

Total Carbohydrates: 16.6g

Dietary Fiber: 1.2g

Sodium: 289.7mg

Recipe from SparkRecipes