Bean and pasta salad

Ingredients

4 c. small whole-wheat pasta (spirals, elbow, shells, etc.)
2 (15 oz.) cans kidney beans, drained and rinsed
1 1/2 c. fresh spinach torn into bite sized pieces
1 large bell pepper, seeded and chopped
1 large ripe tomato, seeded and chopped
1-2 green onions, thinly sliced
1/4 c. olive oil
1/4 c. red wine vinegar or lemon juice
1/4 t. basil
1/8 t. garlic powder
1/8 t. dry mustard
1/2 t. salt
1/2 t. ground pepper

Cook pasta in boiling water according to package directions until tender but still firm. Drain and run under cold water until pasta is cool. Place cooled pasta, spinach, bell pepper, tomato, and green onions in a large bowl. Whisk the olive oil, vinegar or lemon juice, basil, garlic powder, mustard, salt, and pepper together. Pour over salad and serve immediately.

Yield: 6 servings

Nutrition Information:

Calories: 376
Fat: 11 g.
Carbohydrates: 61 g.
Protein: 15 g.
Fiber: 14 g.

Cost per Recipe: $
Cost per Serving: $