

Whole-Wheat Pasta Salad with Walnuts and Feta Cheese

Ingredients

8 ounces whole-wheat fusilli or other spiral shaped pasta
½ cup walnut pieces or halves
½ cup crumbled feta
½ cup diced red onion
1 ½ cups chopped baby spinach leaves
2 tablespoons red wine vinegar
1 clove garlic, minced
½ teaspoon dijon mustard
salt and pepper



Pasta Preparation

Cook the pasta according to the pasta directions. Drain the pasta, rinse it under cold water and put in the refrigerator to chill.

Preparation

In a dry sauté pan, toast the walnuts over a medium-high flame until they are fragrant, about two minutes. Set the walnuts aside to cool then chop them coarsely.

In a large bowl, toss together the chilled pasta, walnuts, feta cheese, onion, and spinach.

In a small bowl whisk the oil, vinegar, garlic and mustard. Pour the dressing over the pasta salad and toss to combine. Season with salt and pepper, to taste.