



# Roasted Kale Beet Pasta Salad

**Servings**

6

**Calories**

630

**Prep Time**

5 minutes

**Total Time**

25 minutes

**Skill Level**

Easy

## Ingredients

### For Salad

1 (8 ounce) bag Mann's Kale Beet Blend

1 tablespoon olive oil

Salt and Pepper, to taste

12 ounces cooked tri-color rotini pasta

¼ cup red onion, thinly sliced

½ cup crumbled feta cheese

¼ cup dried cranberries

¼ cup pine nuts



### For Dressing

¾ cup olive oil

¼ cup balsamic vinegar

1 tablespoon honey

1 teaspoon Dijon mustard

1 teaspoon garlic powder

½ teaspoon salt

½ teaspoon black pepper



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## The Method

Preheat the oven to 350°F.

Toss the Mann's Kale Beet Blend with olive oil, salt and pepper. Spread onto a baking sheet and bake for about 15 minutes.

Toss roasted Kale Beet Blend with pasta, red onion, feta cheese, cranberries and pine nuts.

Mix together dressing ingredients in a small bowl, drizzle over pasta salad and toss everything. Serve warm or cold.

### Nutrition Facts

Serving Size 176g | Servings: 6

#### Amount Per Serving

Calories 630 | Total Fat 40g (sat fat 8g trans 0g) | Cholesterol 54mg | Sodium 750mg | Total Carbohydrate 54g | Dietary Fiber 5g | Sugars 8g (Includes 3g Added Sugars) | Protein 11g | Vitamin D 6% | Calcium 8% | Iron 15% | Potassium 6%