

# Mango Berry Rotini Salad

**Prep time:** 30 minutes

**Makes:** 4 Servings

Mango, berries, spinach, and feta cheese make for a colorful twist on pasta salad, with the perfect balance of sweet and tangy.

## Ingredients

- 1 cup** (4 oz) whole-wheat rotini pasta, uncooked (Salad Ingredient)
- 1** ripe mango (Salad Ingredient)
- 1 cup** raspberries (Salad Ingredient)
- 1 cup** blueberries (Salad Ingredient)
- 1/2 cup** reduced-fat feta cheese (Salad Ingredient)
- 3 tablespoons** extra virgin olive oil (Vinaigrette Ingredient)
- 2 tablespoons** raspberry vinegar (Vinaigrette Ingredient)
- 1 teaspoon** sugar
- 1 teaspoon** poppy seeds
- 1/4 teaspoon** salt

## Directions

1. In a small bowl, whisk vinaigrette ingredients; set aside.
2. Boil water and cook rotini according to package instructions. Drain cooked rotini and rinse in cool water.
3. While rotini is cooking, cut mango into chunks, removing peel and pit.
4. Place salad ingredients in a large bowl; drizzle with vinaigrette. Toss gently.



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>430</b>	
Total Fat	15 g	23%
Protein	12 g	
Carbohydrates	65 g	
Dietary Fiber	14 g	56%
Saturated Fat	3 g	15%
Sodium	400 mg	17%

## MyPlate Food Groups

Fruits	1 1/100 cups
Vegetables	1/4 cup
Grains	1 cup
Protein Foods	3/50 ounce
Dairy	17/100 cup

