

Sweet Potato Protein Pasta Salad

Printable Grocery List

- ☐ 16 oz protein rotini pasta (Banza or Barilla Protein)
- ☐ 2 large sweet potatoes, peeled and diced
- ☐ 1 tbl olive oil (for roasting)
- ☐ Salt/pepper to taste
- ☐ 1.5 cups fat free cottage cheese
- ☐ 3/4 cup plain fat free Greek yogurt
- ☐ 1 tbl Dijon mustard
- ☐ 1 tbl apple cider vinegar
- ☐ 3/4 tsp garlic powder
- ☐ Salt to taste
- ☐ 1/2 cup reduced sugar dried cranberries
- ☐ 1/2 cup toasted pecans, chopped
- ☐ 6 cups baby spinach, chopped
- ☐ 2 tsp fresh parsley, optional