

Chef Penny's
**cold rotini salad
on spinach**
Phase 1 Recipe

SERVES 1 | READY IN 20 MINUTES



Ingredients:

- 1 packet Ideal Protein Rotini
- 2 cups spinach
- ¼ cup cucumbers, cubed
- ¼ cup yellow squash, cubed
- ½ cup button mushrooms, sliced
- ¼ cup red onion, chopped
- ¼ cup green pepper, cubed
- ¼ cup sliced radishes, sliced

Dressing

- 2 tsp olive oil
- 2 tbsp white wine vinegar
- 1 tsp dijon mustard
- Salt and pepper, to taste

Bring 2 cups of water to a boil (no salt or oil needed). Add Rotini packet to the water and boil for 10 minutes.

Meanwhile, whisk the dressing ingredients together in a bowl large enough to mix your salad ingredients. Set aside.

Add the cooked pasta to the bowl with dressing. Dice and chop your vegetables to your liking and add to your salad bowl. Toss vegetables, rotini, and dressing together until fully dressed. Add salt and pepper to taste.

Serve the pasta salad over a bed of spinach and enjoy.