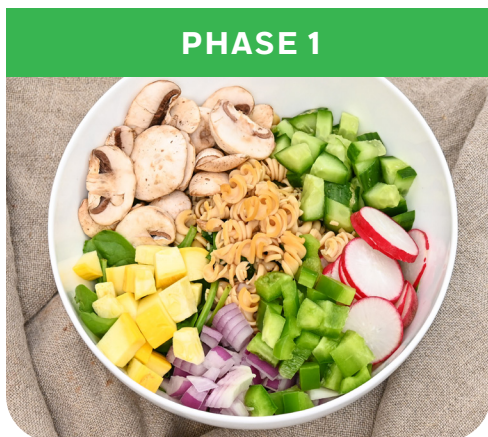


# chef penny's cold rotini salad on spinach

**SERVES 1 • READY IN 20 MINUTES OR LESS**

**Ingredients:**

- 1 packet Ideal Protein rotini
- 2 cups spinach
- 1/4 cup cucumbers, cubed
- 1/4 cup yellow squash, cubed
- 1/2 cup button mushrooms, sliced
- 1/4 cup red onion, chopped
- 1/4 cup green pepper, cubed
- 1/4 cup sliced radishes, sliced

**Dressing:**

- 2 tsp olive oil
- 2 tbsps 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 IP 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.



“This is a perfect lunch meal for me... loaded with hearty, fresh vegetables, and the IP Rotini.”

- Chef Penny