

Smoked Mozzarella and Penne Spinach Salad by Lynn's Recipes



Lynn demonstrates how to make a delicious and simple Smoked Mozzarella and Penne Spinach Salad that would be a perfect lunch or side dish. If you want to have it as a main dish, just add some grilled chicken. From Whole Foods.

Ingredients:

Parmesan Dressing:

- ¼ cup grated Parmesan cheese
- ½ cup chopped fresh flat-leaf parsley
- ½ cup low-fat mayonnaise
- ¼ cup white wine vinegar
- 3 cloves garlic, finely minced, (I used my garlic press)
- Pinch of cayenne pepper
- Salt and pepper to taste

Salad:

- 12 ounces penne pasta
- 3 cups packed baby spinach
- 12 ounce jar roasted red peppers, drained and diced
- 4-6 ounces smoked mozzarella cheese, diced

For the dressing, combine the Parmesan cheese, parsley, mayonnaise, vinegar, garlic, cayenne pepper, salt and pepper and whisk until dressing is smooth. The dressing can be made up to two days ahead of time and stored in the refrigerator. (You can also put this in a food processor or blender and blend to be a little smoother.)

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To prepare salad, cook the pasta according to package directions. Drain and run under cold water and then drain well. In a large mixing bowl, combine the cooked pasta, spinach, roasted red peppers and smoked mozzarella.

At this point, the salad and dressing can be refrigerated for a couple of hours separately before serving.

Toss the salad with the dressing right before serving.

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