

Chef Penny's Perfect Picnic Rotini Salad on a Bed of Arugula



Directions:

1. Bring 2 cups of water (no salt or oil needed) and add IP Rotini packet. Boil for 10 minutes.
2. Make dressing in a bowl large enough to mix your salad in, by whisking together ingredients, set aside.
3. Dice and chop your vegetables.
4. Toss vegetables together with Rotini and dressing.
5. Place arugula (or any lettuce you like) on a beautiful plate.
6. Top arugula with Rotini and vegetable salad and serve.

Ingredients:

- 1 packet IP Rotini
- 2 cups arugula or baby mixed green (you can use your favorite lettuce blend)
- ¼ cup cucumbers diced
- ¼ cup raw zucchini cubed
- ½ cup of button mushrooms
- ¼ cup green onion (or any onion you like raw)
- ¼ cup red bell pepper
- ¼ cup sliced radishes

Dressing:

- 2 Tsp. olive oil
- Salt and pepper seasoning to taste
- 2 Tbps. white wine vinegar
- 1 Tsp. Dijon mustard

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

