

2 cups low carb penne pasta, cooked and cooled
2 Gala apples (leave the skin on), chopped
3 celery stalks, finely chopped
Lemon juice of 1 whole lemon
½ cup chopped walnuts
1 cup shredded mozzarella cheese

Dressing:

1 tablespoons Dijon mustard
1 teaspoon minced garlic
1 teaspoon honey
¼ cup olive oil
2 tablespoons grated parmesan cheese
Salt and pepper, to taste

Directions:

1. Cook, drain pasta and set aside.
2. In a mixing bowl combine apples and celery; add lemon juice and toss to combine.
3. Add walnuts and cheese to apple-mixture; then, add pasta to salad.
4. Prepare the dressing and blend until creamy and smooth.
5. Combine dressing with salad.

Serves 8

Nutrient Analysis, per serving: 192 calories, 1reWB 12 T1 0 0 1 159.62 506.35 Tm0 g0 G()E22