

## ***Apple and Pasta Salad***

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, 15g. carbohydrate, 14g. protein, 10g. fat, 236mg. sodium