

# Mediterranean Penne Pasta Salad

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/asparagus-recipe-with-italian-dressing>

## Ingredients:

- 1/2 pound penne pasta
- 1/2 pound asparagus steamed
- 1 cup mozzarella cheese cubed
- 1 cup smoked ham cubed
- 1/2 pint cherry tomatoes halved
- 1/3 cup purple onion thinly sliced
- 1/3 cup whole kalamata olives
- 1 1/2 cups italian salad dressing prepared, i.e. Marzetti's Plus additional as needed
- 1 teaspoon italian seasoning
- 1 teaspoon crushed red pepper flakes
- salt
- black pepper
- 3 tablespoons grated Parmesan cheese
- 2 tablespoons fresh basil chiffonade

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 15 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 5 grams
8. Sodium: 1320 milligrams
9. Sugar: 8 grams

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