

Salad Recipes



EASY ITALIAN PASTA SALAD

Ingredients

- 12 oz pasta any shape rotini, bowtie, penne (Tricolour adds to the presentation of the salad)
- 1 cucumber
- 1 cup cherry or grape tomatoes
- 2 oz black olives optional
- ¼ cup diced red onion
- 1 pepper (yellow or orange add colour)
- 1 cup florets of broccoli



Instructions

1. Cook pasta according to directions on the box
2. Chop vegetables in to small pieces, tomatoes in half
3. Pour ½ cup Italian dressing over and combine. Add additional dressing to moisten salad before serving. Store in frig or eat right away.



CAESAR SALAD WITH HOMEMADE DRESSING

Ingredients

- 1 package of romaine lettuce
- 1 cup croutons
- 1/3 cup parmesan cheese
- 1 cup cherry tomatoes
- ¼ cup bacon bits optional.



Instructions

1. Wash lettuce, pat dry or spin to remove excess water. Chop lettuce, cut tomatoes in half.
2. Combine ingredients.
3. Make dressing : combine 1 clove garlic minced, 1 tablespoon lemon juice, 1 tablespoon Worcestershire sauce, ½ tablespoon dijon mustard, 1 raw egg, ¼ teaspoon black pepper, ½ cup olive oil or canola oil, ¼ cup parmesan cheese
4. Blend dressing on low speed. Refrigerate till using. Can be refrigerated for up to 3 days.
5. Add dressing just before serving.



FRUIT SALAD

Ingredients

Choose any of the following fruits. Make your salad colourful.

- 1 lb red or green grapes
- 2 cups pineapple
- 1 lb fresh strawberries
- 6 ounces blue berries
- 6 ounces fresh blackberries
- ½ lb cherries
- 3 kiwi
- Watermelon, cantaloupe or musk melon can also be used.



Instructions

1. Select ripe fruit. Wash all fruit and let dry. (Wet fruit can make your salad mushy)
2. Peel and chop fruit as necessary. Cut grapes in half, slice strawberries peel and slice or chop kiwi. Cut melon pieces into bite size pieces.
3. OPTIONAL: Dressing: zest of one lime, 1 ½ tablespoons lime juice, 2 tablespoons honey
4. Combine fruit, if using dressing add just before serving.



TUNA MAC SALAD

Ingredients

- 2 Cups elbow macaroni or pasta of your choice
- 1 can tuna
- 1 green onion
- 2 stalks celery
- ½ cup mayo.



Instructions

1. Boil water and cook pasta until tender. Drain and let cool for a few minutes.
2. Chop celery and onions up into small pieces.
3. Shred tuna and add to pasta. Add veggies to pasta. Add mayo and mix
4. Salt and pepper if needed. Store in fridge for up to 4 days.

