



Recipes

PASTA SALADS

EVERYDAY MACARONI SALAD

- | | |
|---|---|
| 1/2 cup (125 mL) light mayonnaise | 3/4 cup (175 mL) thinly sliced celery |
| 1/4 cup (50 mL) sweet pickle relish | 3/4 cup (175 mL) cubed cheddar cheese |
| 2 tbsp (25 mL) milk | 1/2 cup (125 mL) thinly sliced radishes |
| 1 tbsp (15 mL) Dijon mustard | 1/2 cup (125 mL) frozen peas, thawed |
| 1/2 tsp (2 mL) prepared horseradish | 1/4 cup (50 mL) thinly sliced green onion |
| 1/4 tsp (1 mL) salt | 2 hard-cooked eggs, peeled and coarsely chopped |
| 1/4 tsp (1 mL) freshly ground pepper | |
| 1 cup (250 mL) elbow macaroni, cooked, rinsed and drained | |

To prepare dressing, whisk together first 7 ingredients (mayonnaise through pepper) until blended. Combine remaining ingredients (cooked macaroni through eggs) in a bowl. Add dressing and toss to combine. Serves 4.

ORZO SALAD

- | | |
|--------------------------------------|---|
| 3 tbsp (40 mL) balsamic vinegar | 3 cups (750 mL) cooked orzo, rinsed and drained |
| 2 tbsp (25 mL) olive oil | 1 cup (250 mL) frozen peas, thawed |
| 1 clove garlic, finely chopped | 3/4 cup (175 mL) shredded dry pack feta cheese |
| 1/2 tsp (2 mL) salt | 1/4 cup (50 mL) chopped fresh parsley |
| 1/2 tsp (2 mL) freshly ground pepper | |

To prepare dressing, combine vinegar, oil, garlic, salt and pepper in a bowl. Add orzo, peas, cheese and parsley; toss to combine. Cover and refrigerate until serving or for up to 24 hours. Serves 4.

PASTA SALAD WITH PEANUT DRESSING

- | | |
|------------------------------------|---|
| 1/2 cup (125 mL) peanut butter | 1 tsp (5 mL) red pepper flakes |
| 1/3 cup (75 mL) hot water | 1 clove garlic, peeled |
| 1/4 cup (50 mL) soy sauce | 12 oz (375 g) linguine |
| 2 tbsp (25 mL) rice vinegar | 1/2 cup (125 mL) diagonally sliced green onions |
| 2 tbsp (25 mL) grated fresh ginger | 1 red bell pepper, thinly sliced |
| 1 tbsp (15 mL) sesame oil | 1 yellow bell pepper, thinly sliced |
| 2 tsp (10 mL) honey | 3 tbsp (40 mL) sesame seed, toasted |

To prepare dressing, combine first 9 ingredients (peanut butter through garlic) in a blender; puree until smooth. Cook linguine according to package directions; drain and rinse. Combine hot cooked linguine, onions and bell peppers in a large bowl. Add dressing and toss to coat. Sprinkle with sesame seed. Serve warm or at room temperature. Serves 4.

Cook's Note: To measure linguine easily, keep the following in mind: one 4 oz (125 g) bundle of uncooked linguine has about the same diameter as a 25-cent coin.

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

■ Edmonton area 420-1010 ■ Lloydminster toll-free 1-306-825-5010 ■ Other locations in Alberta toll-free 1-877-420-9090

To purchase cookbooks, call the order desk toll-free 1-800-840-3393

For cooking ideas and great recipes, visit our web site at www.atcoblueflamekitchen.com

MEDITERRANEAN PASTA SALAD

1/2 cup (125 mL) mayonnaise	1/4 tsp (1 mL) thyme, crumbled
1/2 cup (125 mL) freshly grated Parmesan cheese	1 clove garlic, crushed
1/4 cup (50 mL) oil	1 pkg (450 g) farfalle pasta, cooked, rinsed and drained
1/4 cup (50 mL) white wine vinegar	2 cups (500 mL) sliced celery
2 tsp (10 mL) Dijon mustard	1 cup (250 mL) kalamata olives, pitted
1 tsp (5 mL) sugar	1 can (14 oz/398 mL) artichoke hearts, drained and quartered
3/4 tsp (3 mL) salt	3/4 cup (175 mL) sliced green onions
1/2 tsp (2 mL) freshly ground pepper	1/2 cup (125 mL) julienned drained oil- packed dried tomatoes
1/4 tsp (1 mL) basil, crumbled	
1/4 tsp (1 mL) oregano, crumbled	

To prepare dressing, combine first 12 ingredients (mayonnaise through garlic). Dressing may be prepared and refrigerated for up to 24 hours. Combine farfalle, celery, olives, artichokes, onions and tomatoes in a bowl. Farfalle mixture may be prepared and refrigerated for up to 24 hours. Just before serving, add dressing to farfalle mixture and stir to combine. Serves 8 - 10.

PASTA SALAD WITH LEMON AND TOMATOES

1/4 cup (50 mL) fresh lemon juice	4 cups (1 L) penne pasta, cooked, rinsed and drained
1/4 cup (50 mL) Dijon mustard	2 cups (500 mL) halved cherry tomatoes
2 tsp (10 mL) grated lemon peel	1 1/2 cups (375 mL) shredded feta cheese
1/2 tsp (2 mL) salt	1 cup (250 mL) sliced green onions
1/2 tsp (2 mL) freshly ground pepper	1 1/2 cups (375 mL) diced red bell pepper
1/2 cup (125 mL) olive oil	

To prepare dressing, whisk together lemon juice, mustard, lemon peel, salt and pepper until combined. Gradually whisk in oil until blended. Dressing may be prepared and refrigerated for up to 24 hours. Combine cooked penne, tomatoes, cheese, green onions and red pepper in a large bowl. Penne mixture may be prepared and refrigerated for up to 24 hours. Just before serving, add dressing to penne mixture and stir to combine. Serves 4 - 6.

TORTELLINI AND SPINACH SALAD

1/3 cup (75 mL) creamy Caesar salad dressing	8 cups (2 L) baby spinach
1/3 cup (75 mL) mayonnaise	1 3/4 cups (425 mL) frozen cooked baby shrimp, thawed, rinsed and patted dry
1/3 cup (75 mL) light sour cream	3/4 cup (175 mL) diced red bell pepper
1/2 tsp (2 mL) salt	1/2 cup (125 mL) sliced ripe olives
1/2 tsp (2 mL) freshly ground pepper	1/4 cup (50 mL) thinly sliced green onion
1 pkg (700 g) rainbow tortellini with cheese	

To prepare dressing, whisk together salad dressing, mayonnaise, sour cream, salt and pepper until blended. Cook tortellini according to package directions. Rinse with cold water; drain. Combine tortellini, spinach, shrimp, red pepper, olives and green onion in a large bowl. Add dressing and toss to coat. Serves 4 - 6.

PASTA STUFFED TOMATOES

1/2 cup (125 mL) orzo, cooked and drained	2 tbsp (25 mL) fat-free Italian dressing
1 cup (250 mL) cooked peas, cooled	1/2 tsp (2 mL) pepper
1 cup (250 mL) diced ham	1/4 tsp (1 mL) dill weed
4 green onions, sliced	6 - 8 medium tomatoes
2 tbsp (25 mL) chopped fresh parsley	Lettuce leaves
1/2 cup (125 mL) yogurt	

Combine first 5 ingredients (orzo through parsley). Stir together next 4 ingredients (yogurt through dill weed) and combine with pasta mixture. Core tomatoes. Place each tomato, stem end down, on a cutting board. Cut tomatoes into 6 wedges, **cutting to, but not through**, the stem end. Spread wedges apart gently. Place tomatoes on lettuce-lined plates. Spoon pasta mixture into centers of tomatoes. Serves 6 - 8.

Cook's Note: *If desired, diced cooked chicken or canned shrimp may be substituted for ham.*