



## Spring Salads Recipes

### **Fresh Tomato, Cucumber and Feta Salad**

#### **Salad:**

- 2 seedless cucumbers, cut into 3" (7.5 cm) pieces and in half lengthwise
- 4 plum tomatoes, tops removed and cut in half lengthwise
- 1 yellow bell pepper, seeded and quartered and chopped
- 4 oz (125 g) chunk feta cheese, cut in half lengthwise
- Black pepper
- Place all salad ingredients in a large serving bowl.

#### **Dressing:**

- 1/4 cup (50 mL) white balsamic or white wine vinegar
- 1/2 cup (125 mL) olive oil or vegetable oil
- 1/2 tbsp (7 mL) sugar
- 1 tsp (5 mL) Italian seasoning
- 1/4 tsp (1 mL) salt
- garlic clove, pressed

Combine all ingredients and mix until blended. Drizzle 1/3 cup (75 mL) dressing over vegetables; toss. Refrigerate remaining dressing for another use. Top with black pepper, if desired.

## **Tortellini Pasta Salad**

- 9oz package of tri-color cheese tortellini [the fresh refrigerated variety]
- 1-2 cups of chopped veggies 2-4 ounces of your favorite cheese, cubed
- finely grated parmesan and/or romano cheese
- salt and pepper
- veggie options:
- tomatoes
- bell peppers
- sweet mini
- peppers
- olives
- radish

### **Simple Italian Dressing:**

- 1/4 cup extra virgin olive oil
- 1/4 cup white vinegar
- 1 TBSP mrs dash italian seasoning [this blend tastes AMAZING]
- 1/2 TBSP of garlic powder
- 1/4 tsp of salt freshly ground black pepper, if desired, to taste
- Whisk all ingredients together and allow to sit. Giving the dressing some time to mingle will not only infuse flavor into the oil/vinegar but also soften the dry herbs and seasoning. After letting it set, whisk once more and pour over your salad! It should keep in your fridge for about a week, if needed. If you're making this salad to serve the following day [it tastes awesome the next day!] feel free to follow my lead and make extra dressing so you can drizzle some extra over the salad just before serving.

Bring a medium pot of water to a boil. Add your tortellini and reduce heat to gently cook the pasta, according to package instructions, to either tender or al-dente. Once you think they're done, grab a noodle to taste-test and remove from heat. Strain/drain in a colander and pour into a medium-large serving bowl. Toss in your chopped veggies and cheeses and pour the dressing [see below for instructions] over the noodles. Cover the bowl and refrigerate to chill the pasta and allow the flavors from the dressing to soak into the salad. It acts almost as a marinade and infuses the noodles, veggies and cheese with flavor. When you're ready to dig in, feel free to drizzle a little extra dressing over the top and dust the entire bowl with parmesan romano cheese and dig. on. in.

## **Orange Fluff Salad**

1 (9 oz.) carton Cool Whip, thawed  
1 pt. cottage cheese  
1 lg. box orange Jello  
2 sm. cans mandarin oranges, drain liquid

Combine Cool Whip and cottage cheese until creamy. Add dry Jello and blend well. Fold in orange segments and chill well for better flavor. Serves 8 to 10.

You may substitute any flavor of Jello and fruit fresh strawberries and strawberry Jello is good in summer. (Lo-calorie Cool Whip and cottage cheese plus sugar free Jello converts this into a delicious lo calorie treat.