

SPECIALTY HOUSE CHICKEN SALAD

Ingredients:

2 chicken breast halves, cooked and chopped
1 ½ cup plain yogurt
¼ cup cole slaw dressing
1 stalk celery, chopped
½ cup sweet onion, chopped
Salt and pepper to taste
½ cup grapes, quartered
½ cup cashews, chopped
4 cook bacon strips, cut in half
8 slices provolone cheese
1 loaf French bread

Direction:

Combine the cooked chicken, yogurt, slaw dressing, celery, onion, salt and pepper in a medium mixing bowl. Add grapes and cashews; stir until blended. Cut French loaf lengthwise; spread the chicken salad mixture evenly over bottom half. Layer avocado, cooked bacon, and provolone cheese on top of chicken salad. Top with other half of French loaf. Cut loaf into four equal sections. Make 4 servings.

PRIMAVERA PASTA SALAD

Ingredients:

8 ounces Rotini pasta
1 small red bell pepper, cut into strips
1 small green bell pepper, cut into strips
1 can black olives, pitted and drained
8 ounce jar marinated artichoke hearts, undrained
1 cup broccoli florets
3 cloves garlic, minced
1 teaspoon oregano
1 teaspoon rosemary
¼ to 1/3 cup balsamic vinegar
½ cup shredded Parmesan cheese

Direction:

Cook pasta according to directions on package; drain and rinse under cold water. Put pasta in a large mixing bowl. Mix in all remaining ingredients; toss well. Serve at room temperature or refrigerate and serve. Makes 6 to 8 servings.

SPINACH, AVOCADO & MANGO SALAD

Ingredients:

Dressing:

1/3 cup orange juice
1 tablespoon red-wine vinegar
2 tablespoons canola oil
1 teaspoon Dijon mustard
¼ teaspoon salt, to taste

Salad:

10 cups baby spinach leaves (about 8 ounces)
1 ½ cups radicchio, torn into bite-size pieces
8-12 small red radishes (1 bunch) sliced
1 small ripe mango, sliced
1 medium avocado, sliced

Direction:

To prepare dressing, whisk juice, vinegar, oil, mustard, salt and pepper in a bowl. Just before serving, prepare salad by combining spinach, radicchio, radishes and mango in a large bowl. Add the dressing and toss to coat. Garnish each serving with avocado slices.

PIZZA PITA POCKET SANDWICH

Ingredients:

3, 6-inch whole wheat pitas
½ cup copped red onion
1 cup sliced mushrooms
1 ounce pepperoni slices, cut in half
½ cup pizza sauce
¼ cup grated mozzarella cheese
¼ teaspoon garlic powder
2 tablespoons olive oil

Directions:

In medium sauce pan sauté mushrooms and onions in olive oil. Add pizza sauce, garlic powder and pepperoni slices, and simmer. Cut each pita in half and warm in the oven. Stuff each pita half with pizza sauce and cheese and serve. Serves 3.

FRUIT DESSERT PIZZA

Ingredients:

1 18-ounce package refrigerated sugar cookie dough
4 ounces cream cheese, softened
4 ounces frozen whipped topping, thawed
1 ½ teaspoons sugar
1 16-ounce can sliced light peaches, drained (reserve juice)
7 large fresh strawberries
1 to 2 medium kiwis
1 tablespoon cornstarch
1/3 cup sugar

Direction:

Cut cookie dough into slices and arrange on a 12-inch cookie sheet, coated with non-stick spray. Press slices together to form a solid crust. Bake 12 to 15 minutes or until golden. Crust is done when edges begin to brown.

Beat cream cheese until smooth; add 1 ½ teaspoons sugar and whipped topping. Spread evenly over cooled crust. Top with peach slices, strawberries and kiwis.

In sauce pan, combine ½ reserved peach juice, 1/3 cup sugar and 1 tablespoon cornstarch. Cook until thick. Drizzle over pizza and chill. Serves 8.