

# Salad

R E C I P E S



*Andre Prest, Inc.*

QUALITY FOODS SINCE 1923

### Caribbean Chicken and Pasta Salad

Store bought Caribbean jerk seasoning makes this recipe sweet, spicy and simple to prepare. It's a creative and complete meal in one bowl!

### Egg and Sweet Pickle Pasta Salad

If you like egg salad, you'll love this pasta. The dressing has sweet pickle juice in it which gives the salad an extra zip. It can be a side or a main meal.

### Curried Turkey and Vegetable Salad

A great summer salad on a hot summer's night!

### Notta Pasta, Yakitori Chicken Salad

Yakitori is a lighter version of teriyaki and it makes a fabulous grilled chicken. This recipe combines all four-food groups into one tantalizing main course salad. For a quick dinner grill the chicken in the morning, refrigerate, and toss the salad together at night.

### Smoked Ham and Cheese Pasta Salad

A quick and creamy salad that's bursting with flavors of summer.

### Pasta Salad Nicoise

Rice Pasta enhances this Nicoise-style salad and deliciously absorbs the tuna flavored dressing. Add a few anchovies to the dressing for a more traditional taste. This recipe is a keeper!

### Salmon and Asparagus Pasta Salad

Fresh salmon and asparagus, mixed with Notta Pasta, heralds a spring salad for all seasons.

### Jambalaya Rice Pasta Salad

Deli meats make this flavor packed salad an easy one dish dinner for hot summer nights.

### Fiesta Salad with Pinto Beans

If you love bean and rice combinations, this recipe will be a favorite! A hearty salad that's extremely easy to prepare, yet light and refreshing.

### Greek Pasta Salad

This traditional salad is tossed with a nontraditional rice pasta with fabulous results. The lemon vinaigrette is nicely absorbed into the pasta and vegetables for a fresh tasting summer salad.

I N T R O D U C T I O N

**NOTTA PASTA** These delicious noodles, made from rice, better absorb the flavors of the sauces and seasonings used in your favorite dishes! And, they're gluten free.

*Thank you.*



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**A Taste of Thai** All A Taste Of Thai products are Gluten Free and those marked Reduced Sodium have been reformulated and improved so that they now contain at least 25% less sodium than before and at least 50% less sodium than the average similar product.



**Odense** Quality baking ingredients imported from Denmark. Odense Almond Paste adds rich flavor to some of your favorite recipes. Odense Marzipan taps your creative side and lets you decorate for all occasions.

# Caribbean Chicken and Pasta Salad

*Store bought Caribbean jerk seasoning makes this recipe sweet, spicy and simple to prepare. It's a creative and complete meal in one bowl!*

## YIELD

4-6 servings

## TIME

30 minutes

## INGREDIENTS

1/2-16 oz box (8 oz) Notta Pasta Linguine  
1 1/2 lbs boneless, skinless chicken breast  
Oil for rubbing chicken  
2-3 tablespoons Caribbean jerk seasoning\* (found in the spice aisle)  
1 cup thinly sliced red onion  
1 large ripe mango or two small mangos  
1 green pepper  
2 cups cherry tomatoes

### Dressing:

1/4 cup extra virgin olive oil  
2 tablespoons fresh lime juice  
4-5 teaspoons Caribbean jerk seasoning\*  
Salt and pepper

\*Caribbean Spice blends vary in heat, so taste the seasonings to determine your heat preference, especially for dressing.



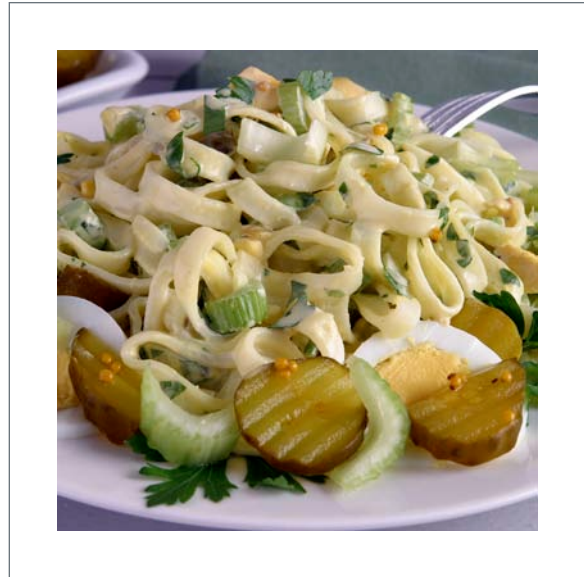
## DIRECTIONS

1. Put a large pot of salted water on to boil. Preheat grill.
2. Pound chicken breasts to an even thickness. Rub with oil and sprinkle with two or three tablespoons of seasoning.
3. Grill chicken breast about 5 minutes each side, over a medium heat or until cooked through (not pink), but still moist. Place in refrigerator to cool.
4. While chicken is cooling, add onions to a large bowl. Peel and chop the mangos. Thinly slice the green pepper, and halve tomatoes if large. Add to bowl with onions.
5. To make dressing: whisk in a small bowl the oil, lime juice and jerk seasoning. Salt and pepper to taste.
6. Meanwhile, cook the Notta Pasta in boiling water according to directions on box, stirring well. Rinse quickly, drain well and add to bowl of vegetables. Toss with half of the dressing.
7. Slice chicken into bite size pieces and add to salad. Toss with remaining dressing. Season to taste and serve.



# Egg and Sweet Pickle Pasta Salad

*If you like egg salad, you'll love this pasta. The dressing has sweet pickle juice in it which gives the salad an extra zip. It can be a side or a main meal.*



## YIELD

4 servings

## TIME

25 minutes to assemble

## INGREDIENTS

1/2-16 oz box (8 oz) Notta Pasta Linguine or Fettuccine

1-16 oz jar sweet bread & butter pickles

1/2 cup mayonnaise

Salt and fresh cracked pepper

6 large hard boiled eggs, chopped

1 cup chopped celery

1/2 cup chopped parsley

1/2 cup minced sweet or red onion

## DIRECTIONS

1. Bring a large pot of water to boil. Meanwhile, make dressing by draining 1/2 cup of pickle juice from jar into a small bowl. Add mayonnaise to juice and whisk until smooth. Salt and pepper to taste. Set aside.
2. Salt boiling water and cook Notta Pasta according to box instructions. Drain but don't rinse. Pour pasta into a large bowl and add dressing. Mix well and let sit 10 minutes in refrigerator to absorb flavors.
3. Finely chop pickles to measure 1/2 cup. Add pickles, eggs, celery, parsley and onion to pasta. Toss to combine, adding salt if needed. Serve. Rice pasta salads are best served the day they are prepared. Refresh leftovers with a bit of pickle juice.

# Curried Turkey and Vegetable Salad

*A great summer salad on a hot summer's night!*



## YIELD

4-6 servings

## TIME

35 minutes

## INGREDIENTS

1/2-16 oz box (8 oz) Notta Pasta  
1/4 cup water  
2 shallots, finely minced  
1 teaspoon salt  
2 tablespoons curry powder  
1 cup nonfat buttermilk  
1/2 cup lowfat mayonnaise  
1/2 lb snow peas, trimmed and sliced on the diagonal  
1 teaspoon canola oil  
4 carrots, thinly sliced  
4 stalks celery, thinly sliced  
1/4 head red cabbage, thinly sliced  
6 scallions (green onions) sliced  
1-20 oz can pineapple chunks in water, drained  
1 lb turkey breast, cubed  
1/2 lb mixed baby greens

## DIRECTIONS

1. Put a large pot of salted water on to boil.
2. In a small saucepan, combine water and shallots. Bring to a boil. Reduce heat. Add salt. Whisk in curry powder. Simmer for 2 minutes. Remove from heat. Whisk in buttermilk and mayonnaise, mixing until smooth. Refrigerate.
3. Boil Notta Pasta according to directions on box. In last 30 seconds of cooking time, drop in snow peas. Drain. Rinse in cold water. Drain again. Toss with canola oil. Pour pasta and snow peas into a large bowl.
4. Add carrots, celery, cabbage, scallions, pineapple and turkey. Toss with refrigerated dressing. Mix together well.
5. Line the outside edges of a large serving platter with mixed baby greens. Spoon dressed salad in the middle. Enjoy!

# Notta Pasta, Yakitori Chicken Salad

*Yakitori is a lighter version of teriyaki and it makes a fabulous grilled chicken. This recipe combines all four-food groups into one tantalizing main course salad. For a quick dinner grill the chicken in the morning, refrigerate, and toss the salad together at night.*

## YIELD

6 Servings

## TIME

45 minutes to assemble

1 hour to overnight to marinate

## INGREDIENTS

1 cup bottled yakitori sauce\*

1 cup rice vinegar

1 cup dark brown sugar

3 lbs boneless, skinless chicken thighs

1/2-16 oz box (8 oz) Notta Pasta Spaghetti

2 tablespoons oil

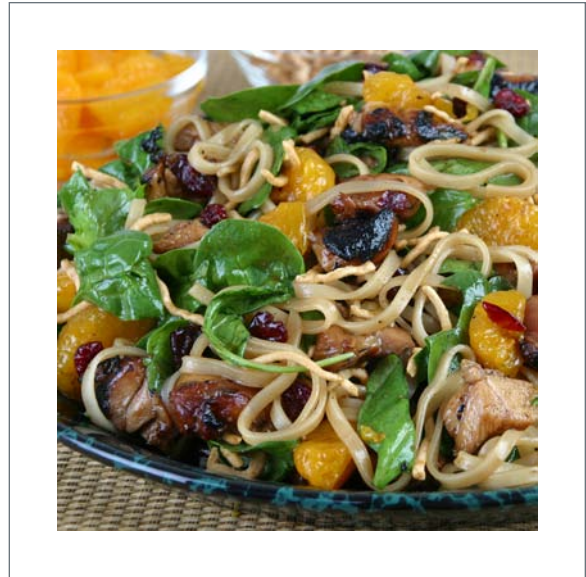
1-15 oz can mandarin oranges, drained

1-9 oz bag baby spinach leaves

1-6 oz bag sweetened, dried cranberries

2 cups chow mein noodles

\*Substitute teriyaki if yakitori is not available in your market. Add 1 tablespoon grated ginger if desired.



## DIRECTIONS

1. In a medium saucepan heat yakitori sauce, vinegar and brown sugar until sugar dissolves. Cool. Add chicken and marinade into a zip lock-type bag, (reserving one cup marinade for later). Place on plate and turn every hour or so, marinating for 1-24 hours.
2. Grill chicken and cook until done (juices run clear, no pink). While chicken is grilling, boil marinade 5 minutes. Cut up grilled chicken and add to cooked marinade. Cool in refrigerator while you assemble the salad.
3. Bring a large pot of salted water to a boil. Boil Notta Pasta according to directions on box and drain. Rinse quickly and drain again. Toss with oil and 1/2 cup of reserved marinade.
4. To a large bowl, add oranges, spinach, cranberries, chow mein noodles, pasta and chicken. Toss until all ingredients are incorporated. Pass remaining 1/2 cup marinade to those who want extra.

# Smoked Ham and Cheese Pasta Salad

*A quick and creamy salad that's bursting with flavors of summer.*



## **YIELD**

4-6 servings

## **TIME**

20 minutes to assemble

## **INGREDIENTS**

1/2-16 oz box (8 oz) Notta Pasta  
1/2 cup roasted garlic dressing  
1 lb smoked turkey ham, 1/2 inch cubes  
8 oz smoked mozzarella or Gouda, 1/4 inch cubes  
6 plum tomatoes, cubed (about 3 cups)  
1 medium sized (about 8 oz) red onion, diced  
1/3 cup fresh chopped basil  
Salt and fresh ground pepper

## **DIRECTIONS**

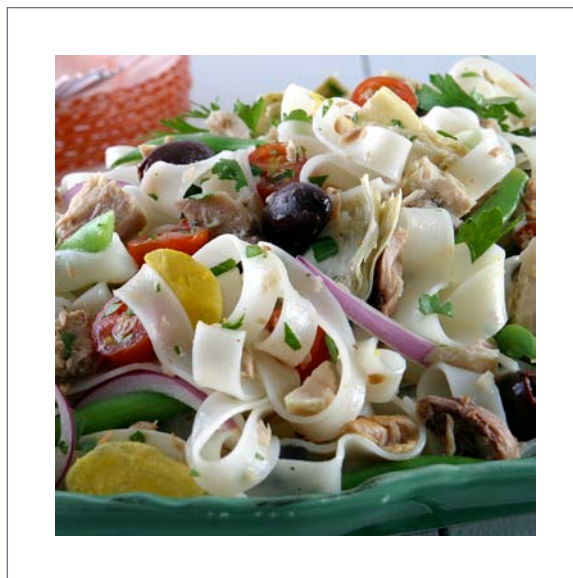
1. Stirring frequently, boil Notta Pasta according to directions on box. Drain and rinse quickly. Return to pot and toss with dressing. Set aside.
2. Meanwhile in a large bowl combine; ham, cheese, tomatoes, onions, and basil. Add pasta and toss to combine. Salt and pepper to taste. Serve on a lettuce lined platter or in a bowl.



# Pasta Salad

## Nicoise

*Rice Pasta enhances this Nicoise-style salad and deliciously absorbs the tuna flavored dressing. Add a few anchovies to the dressing for a more traditional taste. This recipe is a keeper!*



### YIELD

4-6 servings

### TIME

30 minutes to assemble

10 minutes to cook

Total time: 40 minutes

### INGREDIENTS

1/2-16 oz box (8 oz) Notta Pasta Fettuccine  
2-6 oz cans tuna packed in olive oil\*  
3 tablespoons fresh lemon juice (2-4 lemons)  
Salt and fresh cracked black pepper  
1/2 lb green beans, stem end trimmed off  
1-12 oz jar quartered and marinated artichoke hearts, drained  
1 cup cherry or grape tomatoes, halved  
1 cup pitted Kalamata olives  
1 cup thinly sliced red onions  
4 large hard-boiled eggs, cut into wedges  
1/2 cup chopped Italian parsley, flat leaf not curly

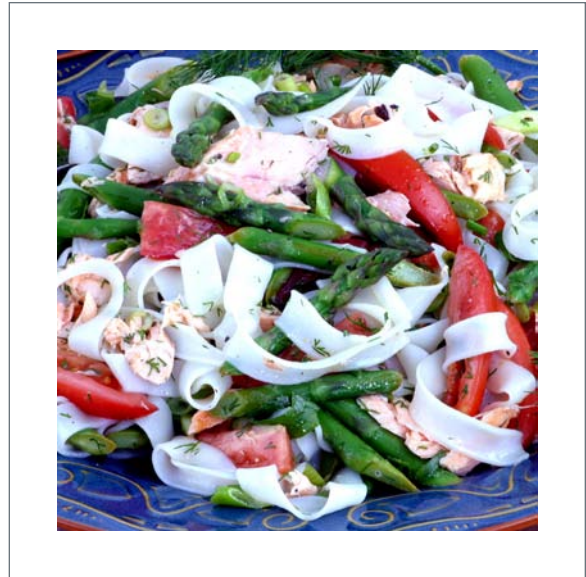
\*Use any oil packed tuna if olive oil tuna (from Italy) is not available. Do not use water packed tuna, because tuna oil is part of dressing.

### DIRECTIONS

1. Put a large pot of water on to boil. Meanwhile, drain oil from tuna into a small bowl. Add lemon juice. Add salt and pepper to taste, whisking well. Set dressing aside and refrigerate tuna.
2. When water comes to a boil, salt generously. Add green beans and cook 3-4 minutes or until tender-crisp. Make a bowl of ice water to cool green beans. With a slotted spoon, transfer beans to ice water and set aside.
3. Cook Notta Pasta according to box directions. Drain and rinse very briefly. Add warm pasta to a bowl and toss with 1/2 dressing. Refrigerate uncovered 5 minutes minimum.
4. Drain green beans and add to a large bowl. Add tuna, artichokes, tomatoes, olives, onion, eggs, and parsley. Add pasta and remaining dressing. Toss gently and serve! Refresh any leftovers with an extra squeeze of lemon juice.

# Salmon and Asparagus Pasta Salad

*Fresh salmon and asparagus, mixed with Notta Pasta, heralds a spring salad for all seasons.*



## **YIELD**

Serves 4

## **TIME**

20 minutes

## **INGREDIENTS**

1/2-16 oz box (8 oz) Notta Pasta Fettuccine  
1 lb asparagus, cut into 2" diagonals  
1/2 cup olive oil  
1/2 cup fresh squeezed lemon juice  
2 teaspoons salt  
Pepper to taste  
1 lb salmon, grilled or baked  
1 lb plum tomatoes, sliced into 8 wedges each  
3 scallions (green onions), sliced into thin rounds  
1/4 cup minced fresh dill

## **DIRECTIONS**

1. Boil Notta Pasta according to directions on box. Add the asparagus the last two minutes of cooking time.
2. Drain in a colander and run under cold water until cold. In a large serving bowl, toss with one tablespoon of the oil.
3. Whisk together the remaining oil, lemon juice, salt and pepper. Set aside.
4. Flake salmon into bite size pieces. Add to pasta, with tomatoes, scallions and dill.
5. Add dressing and toss gently. Salt and pepper to taste.

# Jambalaya Rice Pasta Salad

*Deli meats make this flavor packed salad an easy one dish dinner for hot summer nights.*



## YIELD

4-6 servings

## TIME

20 minutes

## INGREDIENTS

### Dressing:

1/2 cup olive oil  
1/2 cup lemon juice, fresh squeezed  
4 teaspoons Cajun seasonings\*  
Salt and fresh cracked pepper

### Salad:

1/2-16 oz box (8 oz) Notta Pasta Fettuccine  
1 lb cooked shrimp, peeled and deveined  
1/2 lb smoked turkey, thickly sliced  
1/2 lb hot ham, (Italian or black pepper) thickly sliced  
1 pint cherry tomatoes  
1 yellow pepper, thinly sliced  
1 bunch scallions, thinly sliced

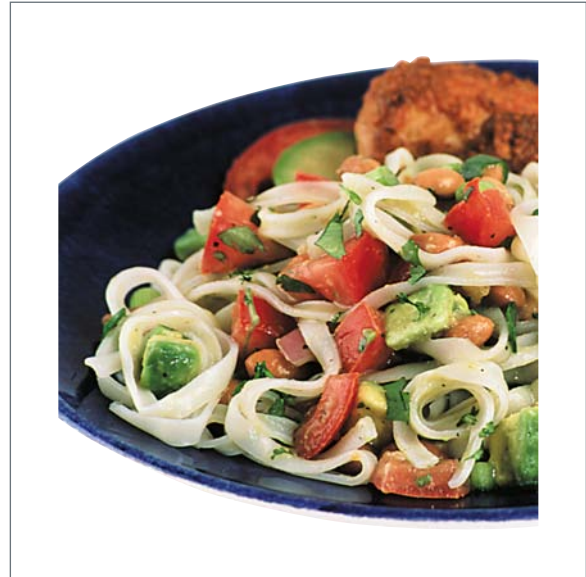
\*Test Kitchen Tip: Cajun seasonings such as “Emeril’s Bayou Blast” or Cajun Rubs can be found in the spice aisle. A rub can be substituted for a seasoning in this dressing. Adjust spice to your personal preference for heat.

## DIRECTIONS

1. Bring a large pot of salted water to a boil while preparing dressing and salad ingredients.
2. Whisk olive oil, lemon juice and Cajun seasonings in a small bowl. Salt and pepper to taste. Set aside.
3. Add shrimp to a large bowl.
4. Cut turkey and ham slices into bite size pieces. Add to shrimp.
5. Cut cherry tomatoes in half and add to bowl along with yellow pepper and scallions.
6. Boil Notta Pasta according to directions on box.
7. Rinse cooked pasta under cold water quickly. Drain well and add to meat and vegetables.
8. Immediately toss with dressing and serve.

# Fiesta Salad with Pinto Beans

*If you love bean and rice combinations, this recipe will be a favorite! A hearty salad that's extremely easy to prepare, yet light and refreshing.*



## YIELD

4-6 servings

## TIME

25 minutes to assemble

## INGREDIENTS

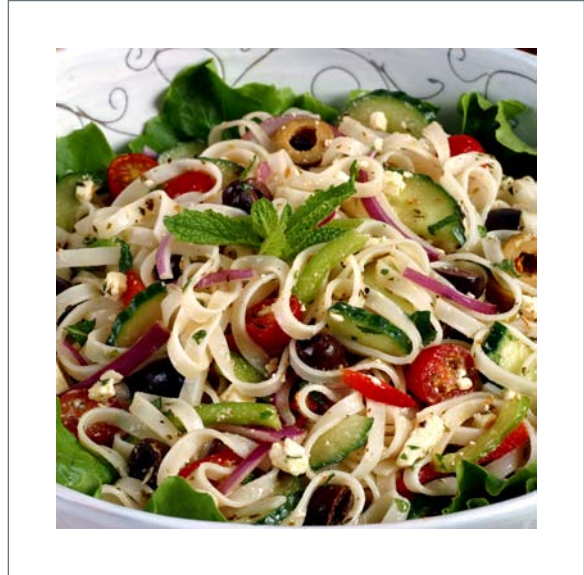
1/2-16 oz box (8 oz) Notta Pasta Linguine  
2-15 oz cans pinto beans, drained  
6 large plum tomatoes, (about 2 cups)  
1 bunch scallions  
2 avocados  
Juice of one lemon  
2 cups grated cheddar cheese  
1 cup Italian dressing (zesty type), divided  
Salt and fresh cracked pepper  
1/2 cup fresh chopped cilantro or basil

## DIRECTIONS

1. Bring a large pot of salted water to a boil while preparing vegetables for salad.
2. Dice plum tomatoes to match size of bean and slice scallions into thin rounds.
3. Peel and dice avocados and place in small bowl. Toss with lemon juice until well coated.
4. Boil Notta Pasta according to directions on box. Drain and rinse quickly. Toss in a large bowl with 1/2 cup of the Italian dressing.
5. Add beans, tomatoes, scallions, avocados, cheese and remaining dressing. Mix and let stand for 15 minutes to absorb flavor.
6. Salt and pepper to taste and add chopped cilantro or basil and serve.

# Greek Pasta Salad

*This traditional salad is tossed with a nontraditional rice pasta with fabulous results. The lemon vinaigrette is nicely absorbed into the pasta and vegetables for a fresh tasting summer salad.*



## YIELD

4-6 servings

## TIME

30 minutes total

## INGREDIENTS

### Dressing Ingredients:

1/3 cup extra virgin olive oil  
3 tablespoons fresh lemon juice  
1 teaspoon dried oregano  
Salt and fresh cracked pepper to taste

### Salad Ingredients:

1/2-16 oz box (8 oz) Notta Pasta Linguine or Fettuccine  
2 small bell peppers (1 red, 1 green), thinly sliced  
1 cup cherry tomatoes cut in half  
1/2 English cucumber\*, sliced  
1/2 red onion, thinly sliced  
1 cup crumbled feta cheese  
1 cup pitted Kalamata olives\*\*, cut in half  
1/4 cup fresh, finely chopped mint

\* If using a regular cucumber, seed with a small melon scoop before slicing.

\*\* Spicy green olives can be mixed half and half with the Kalamata olives for an interesting flavor.

## DIRECTIONS

1. Put a large pot of salted water on to boil.
2. In a small bowl whisk dressing ingredients until combined and emulsified (thickened). Salt carefully because the feta and olives are salty.
3. In a large bowl combine peppers, tomatoes, cucumber, onion, feta cheese, olives and mint with 1/2 of the dressing.
4. Meanwhile, boil Notta Pasta according to directions on box, stirring frequently. Drain and rinse quickly. Pour back into pot and mix with remaining dressing.
5. Add pasta to bowl of vegetables and combine. Serve immediately or chill. If serving later, adjust seasonings and refresh with lemon juice if needed.



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