



RECIPES

TUSCAN PASTA SALAD

Dressing:

- 1/4 cup white balsamic vinegar
- 1 tablespoon granulated sugar
- 1 teaspoon Italian seasoning
- 1/4 teaspoon *each* salt and ground black pepper
- 1 clove garlic, minced
- 3/4 cup vegetable oil

Salad:

- 1 package (16 ounces) uncooked penne pasta
- 2 cups broccoli florets, coarsely chopped
- 2 cups cauliflower florets, coarsely chopped
- 1/2 cup sliced pitted Kalamata olives
- 1/2 cup diced red bell pepper
- 2 tablespoons sun-dried tomatoes in oil, drained and chopped
- 2 tablespoons finely chopped fresh basil leaves
- 1/3 cup Fisher Culinary Touch
Toasted Pine Nuts

For dressing: In small bowl whisk vinegar, sugar, Italian seasoning, salt, pepper and garlic. Gradually add oil, whisking until well blended. Cover and refrigerate 4 hours or overnight to blend flavors.

For salad: Cook pasta according to package directions. Drain pasta; transfer to large serving bowl. Add broccoli, cauliflower, olives, red bell pepper, sun-dried tomatoes and basil.

Whisk dressing. Drizzle dressing over salad; toss to coat. Sprinkle salad with pine nuts. Serve immediately.

Yield: 8 servings

Nutrition information per serving: 510 Calories, 28 g Total Fat, 4.5 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 510 mg Sodium, 58 g Carbohydrate, 4 g Dietary Fiber, 11 g Sugars, 11 g Protein

Nutty Idea: If you cannot find Fisher Culinary Touch Toasted Pine Nuts, substitute Fisher Chef's Naturals Pine Nuts. Toasting nuts intensifies their flavor. To toast, preheat oven to 350°F. Spread pine nuts in a single layer on baking sheet. Bake 6 to 8 minutes, stirring once after 3 minutes, until golden brown. Transfer nuts to bowl; set aside until ready to use.