

ENTERTAINING IDEAS

An Outdoor Meal That Combines Flavor And Fun



The success of this 7-Layer Pasta Salad comes with each layer contributing a different taste or texture.

(NAPSA)—Experts say all you need for a picnic is good food, good company and a little creativity. For example, if you don't have a picnic basket or cooler, use old book bags lined with cold packs to carry your feast.

When it comes to having fun, go back to basics with board games, Frisbees, cards and imagination. Play games such as charades or hide-and-seek or form teams and play softball or dodgeball.

Make the menu a team effort as well, with each guest contributing a dish or a beverage.

This 7-Layer Pasta Salad combines a variety of flavors and textures into a winning picnic dish. Plus, it can be made a day ahead and customized to your family's taste.

In this case, the seven layers of flavor are enhanced by the addition of a heart-healthy salsa or ranch dressing. One manufacturer, Litehouse Foods, makes a variety of refrigerated dressings, dips and more in small batches without preservatives, MSG or trans fats. They use canola oil,

which is recommended by the American Heart Association as part of a heart-healthy diet.

For more salad ideas, visit www.30salads30days.com.

7-Layer Pasta Salad

(Serves 8)

- 1 cup fresh spinach**
 - 3 cups medium shell pasta, cooked, drained**
 - ½ large red onion, sliced thin**
 - 1 package (10 oz.) frozen peas, thawed, drained**
 - 6 oz. ham or turkey, 1-inch cubes**
 - 1 cup Litehouse Lite Ranch or Salsa Ranch Dressing**
 - 1 cup shredded cheddar cheese**
 - ½ cup halved cherry tomatoes**
- Layer spinach, pasta, onion, peas and ham (or turkey) in a large serving bowl.**
- Spread Litehouse Lite Ranch Dressing over the top to seal. Top with cheese.**
- Add tomatoes. Cover and refrigerate several hours or until chilled. Toss gently before serving.**