

Cooking Corner

Simply Satisfying Salads

(NAPSA)—When you haven't got the time or inclination to cook a meal, salads can be a natural. Often, the cooking process is little more than boiling water for pasta or grain or for blanching a vegetable. Bulking up salads with fresh vegetables, fruits, flavorful cheeses or a handful of nuts can make for delicious versatility and satisfy the appetite without overindulging.

Confetti Pasta Salad: Cook 8 ounces tricolor pasta until al dente, drain and toss while it's warm with $\frac{1}{2}$ cup pine nuts, $1\frac{1}{2}$ cups shredded Jarlsberg cheese and 2 cups each celery root (cut matchstick style) and chopped green (or yellow) pepper.

Vinaigrette: Combine 6.5-ounce jar of marinated artichoke hearts with $\frac{1}{4}$ cup red wine vinegar, 1 tablespoon country mustard and $\frac{1}{2}$ cup chopped sun-dried tomatoes. Toss with pasta. Serves 4–6.

Creamy BLT Salad: Cook 8 ounces fusilli pasta until al dente, drain and toss while it's warm with $\frac{1}{4}$ pound chopped cooked bacon, 2 cups cherry tomato halves, 1 packed cup fresh chopped basil or spinach, $\frac{1}{2}$ cup chopped walnuts and 1 4-ounce log fresh goat cheese, crumbled (such as Woolwich Dairy Chevrai).

Cool Green Bean Salad: Blanch and immediately cool $\frac{1}{2}$ pound skinny string beans. Chop and combine with cooked couscous (enough to serve 4), 1 large can albacore tuna (drained), $\frac{1}{2}$ cup slivered almonds, $\frac{1}{4}$ cup chopped marinated sun-dried tomatoes and 2 cups (small cubed) Jarlsberg.



Colorful and nutritious, a pasta salad can be a delicious meal without a lot of fuss.

Vinaigrette: Whisk together $\frac{1}{2}$ cup fresh lemon juice with $\frac{1}{2}$ cup olive oil, $\frac{1}{2}$ teaspoon mustard and, to taste, sea salt and fresh-ground black pepper. Tip: You can also use cooked, cool potatoes instead of couscous.

Blueberry Penne Pasta: Cook 8 ounces penne pasta until al dente, drain and toss while it's warm with $\frac{1}{2}$ cup coarsely chopped pecans or almonds, 1 packed cup baby arugula, $1\frac{1}{2}$ cups blueberries and $\frac{1}{4}$ cup golden raisins (or chopped dried cherries). Toss with Cool Green Bean vinaigrette, adding a touch of honey to it. Top with shavings of Gran Maestre Manchego, a Spanish sheep's milk cheese.

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A mild part-skim-milk cheese rich in calcium and protein, Jarlsberg has a buttery, rich texture with mild flavor. For more recipes, tips and entertaining ideas, visit www.norseland.com.