

# INC Recipe Exchange

Ask us for that INC recipe that you would love to share with your family

While there is nothing quite so enticing as the smell of meat grilling on the barbecue, I must admit that towards the end of summer, it takes a certain amount of willpower not to run helter-skelter in the other direction when someone suggests another hot dog/hamburger affair. There is no amount of ketchup, mustard, relish or other toppings which can disguise that same charred disk of ground meat again . . . and again. As for the hot dogs, I only seem to crave one when I have a cold brew in one hand and am sitting in the stands watching a baseball game.

However, I keep accepting those friendly invitations to "Come on over and we'll grill out," because my one weakness is the salads. I love being a taste-tester for this summer's new recipes and am in heaven when I see that someone still bothers to make their own coleslaw or potato salad even though it would be so much easier to just give in and buy them ready-made at the supermarket. My cousin has a great broccoli salad recipe that is so yummy it could make converts out of those who profess to hate this green vegetable.

In order to feed my insatiable need for new salad recipes and to honor INC's September Welcome Luncheon, which once was referred to as the Super Salad Luncheon, this month's Recipe Exchange will be featuring two salad recipes by members Sandy Otero and Maria Montgomery. Maria, a representative of The Pampered Chef, promises to share more of her favorite recipes with *Nuevas Amigas* over the course of this season.

-Andrea Isiminger

## Sandy's Tortellini-Spinach Salad

### Ingredients

1 (9 oz) package refrigerated, cheese-filled tortellini.  
1 medium yellow bell pepper, coarsely chopped (about 1 cup)  
14 cherry tomatoes, cut in half  
1/2 cup pitted black olives  
1 (10 oz) package pre-washed, fresh baby spinach (about 8 cups)  
3/4 cup bottled Italian salad dressing  
1 oz (1/4 cup) shredded, fresh Parmesan cheese

### Directions

1) Cook tortellini as directed on package. Drain, rinse with cold water to cool; drain well.  
2) Meanwhile, in large serving bowl, combine bell pepper, tomatoes, olives and spinach.  
3) Add cooked tortellini to vegetable mixture. Pour dressing over salad; toss gently to coat. Sprinkle with cheese.

Makes 6 (1 1/3 cup) servings. Enjoy!

## Maria's Seafood Pasta Salad

### Dressing:

Zest of one lemon  
1 Tablespoon lemon juice  
1/2 cup mayonnaise  
1/2 cup Greek yogurt or sour cream  
1 Tablespoon fresh dill, finely chopped (or 2 tsp dried dill weed)  
1 garlic clove, minced  
salt & pepper, to taste

### Salad:

2 cups uncooked medium shell pasta  
1 cup cucumber, peeled & sliced  
1/2 cup red bell pepper, chopped

1/2 cup carrot, coarsely chopped  
1/4 cup green onions, thinly sliced  
250 grams shelled, de-veined cooked medium shrimp  
1/4 teaspoon salt

1. For dressing, in a small bowl combine zest, lemon juice, mayonnaise, sour cream, dill, garlic, salt & pepper. Mix well.
2. For salad, cook pasta according to package directions; drain & rinse with cold water.
3. Place all salad ingredients in a bowl. Pour dressing over salad; toss lightly. Cover; refrigerate for at least 1 hour or overnight. Serve with sesame bread sticks.

Serves 6.

## INC's Book of the Month

**Title:** Bilingual Visual Spanish / English Dictionary

**Author:** Dorling Kindersley

**Synopsis:** Fast and effective Spanish language learning from home and office to shopping and eating out

Look and learn to recall a wealth of everyday vocabulary in Spanish with this innovative new language guide. This introduction to key vocabulary covers a range of subjects, provides fast and effective learning for any situation and is easy to use with a detailed index for instant reference.

- Reveals a quick and intuitive way to learn

- Introduces the vocabulary of the modern world in thematic order

There are full-colour artworks and photographs to display all the elements of everyday life and with scenes and items clearly labelled, it's easy to find the words you want in this dictionary that shows you what others only tell you.

**Number of pages:** 360

**Format:** Paperback

**Published:** Aug 2005

**Price:** 14,50€

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