

Free Cookbook Club Cookbook #6

# Pasta Salads Enhanced Cookbook



Featuring 35 Recipes (including 7 in our  
Exclusive Cook-in-a-Cookbook Special  
Feature) & 26 Enhanced Recipes

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# Table of Contents

Click on any recipe or page below to go there immediately.

Title	Page Number
Enhanced Cooking Techniques and Tricks	6
Blackened Chicken Pasta Salad	8
Valley of the Sun Pasta Salad	9
Cold Spaghetti Pasta Salad	10
Peruvian Chicken Pasta Salad	11
Corn 'n' Peas Pasta Salad	12
Mary Pat's Macaroni Salad	13
Springtime Pasta Salad	14
French Pasta Salad	15
Pasta Primavera	17
Cheesy Baked Ziti	18
Fettuccine with Oranges and Watercress	19
Linguine and Turkey Sauté	20
Exclusive Bonus Recipe - Spicy Chicken Fettuccine	21
Exclusive Bonus Recipe - Penne Pasta with Lemon Infused Vegetables and Ricotta Salata	22
Exclusive Bonus Recipe - Spanish Lasagne	23
Noodle Salad with Pineapple and Ham	25
Minestrone Pasta Salad	25
Curried Pasta Salad with Cucumber Raita	26
Pasta, Peas and Shrimp Salad	27
Emerald Chicken and Pasta Salad	28
Tuna Pasta Salad	29
Florentine Pasta Salad	30
Crab Salad with Pasta Shells	31
Pasta Verde Salad	32
Melon Pasta Salad	38
Rigatoni-Turkey Salad	39
Zealand Antipasto Mushroom Pasta Salad	40
Pasta Fruit Salad	41

Table of Contents is continued on next page.

# Table of Contents Continued

Click on any recipe or page below to go there immediately.

Title	Page Number
Frogeye Salad	42
Peking Pork Pasta Salad	43
Pita-Filled Shrimp and Fruit Pasta Salad	44
Salsa Pasta Salad	45
Vegetable All-Summer Salad	46
Soba Noodle Salad	46
As-You-Like-It Pasta Salad	47
Kitchen Measurement Conversion Charts	52

## This is a Free Cookbook Club Enhanced Recipe

To Make this Delicious Recipe - Just Click the Link



### Weeknight Pizza Pasta Salad Recipe

Weeknight Pizza Pasta Salad has all the wonderful flavors you love in a fresh cooked pizza – in one unbelievably easy-to-make dish. Watch every easy step in this short video.

[freecookbookclub.com/weeknight-pizza-pasta-salad-recipe](http://freecookbookclub.com/weeknight-pizza-pasta-salad-recipe)

Watch for Many More Enhanced Recipe Links Scattered Throughout the Book and in the Enhanced Recipes Pages at the Back - Try them ALL!

If the clicking the link does not work for you, type the Address into the Address Bar of your Web Browser

# Enhanced Cooking Techniques and Tricks

The cooking techniques below are used throughout this book in many of the recipes.

We have created video or picture pages from some of the top expert chefs that explain how to do these techniques correctly, easily and, most of all, safely.

Watch these videos or view the pictures before attempting any of these cooking techniques the first time in a recipe, and any time you need a refresher, and you will be a much better and safer cook.



## How to Know if Chicken is Done and Safe to Eat

It is **CRUCIALLY IMPORTANT** to make sure all poultry is cooked to the correct temperature and safe to eat before serving it to your family or friends. Fortunately, it is super-easy to check the temperature of chicken and other poultry.

[freecookbookclub.com/chicken-temp](http://freecookbookclub.com/chicken-temp)



## 3 Ways to Cut an Onion Like a Professional Chef

This is a wonderful video that FULLY explains EVERYTHING you need to know to dice an onion, slice an onion and cut onion rings. And how to do it all without chopping your fingers off!

[freecookbookclub.com/how-to-cut-an-onion](http://freecookbookclub.com/how-to-cut-an-onion)

# Pasta Salads 1

## The Recipes

# Blackened Chicken Pasta Salad

Blackening is a cooking technique most commonly used with firm-fleshed fish, chicken, steak and other meats. When blackened, the food is often dipped in melted butter, then dredged in a combination of herbs and spices, before being cooked in a hot pan (traditionally cast iron).

## INGREDIENTS

- 1 pound Radiatore, medium shells, or other medium pasta shape, uncooked
- 1 pound boneless, skinless Chicken Breasts
- 1 - 2 tablespoons spicy Creole Seasoning
- 1 teaspoon Vegetable Oil
- 1 1/2 cups Mayonnaise
- 3 tablespoons fresh Parsley, minced
- 2 tablespoons fresh Chives, chopped
- 2 tablespoons Lemon Juice
- 2 tablespoons Dijon Mustard
- 2 teaspoons Capers, drained
- 1 teaspoon Anchovy Paste
- 1 cup Tomatoes, chopped
- 1/2 cup Green Onions, sliced
- 1/2 cup Green Pepper, chopped

## DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
2. Rub chicken with Creole seasoning.
3. Coat a large, heavy skillet with cooking spray.
4. Add oil and place over medium-high heat until hot.
5. Add chicken and cook 5 to 7 minutes on each side or until chicken is done. (See page 6)
6. Remove chicken from skillet and let cool.
7. Cut chicken into 1/2-inch pieces and set aside.
8. Combine mayonnaise, parsley, chives, lemon juice, mustard, capers and anchovy paste. Mix well.
9. In a large bowl, combine pasta, chicken, mayonnaise mixture, tomatoes, onions and pepper.
10. Cover and chill thoroughly.



## Summer Avocado Chicken Salad Recipe

This Avocado Chicken Salad recipe is just bursting with the fresh flavors of Summer – with just enough naughty (read – Bacon!) to be decadent. It comes together in just minutes.

[freecookbookclub.com/summer-avocado-chicken-salad-recipe](http://freecookbookclub.com/summer-avocado-chicken-salad-recipe)

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# Valley of the Sun Pasta Salad

## INGREDIENTS

- 1 pound Penne or other medium Pasta shape
- 1 pound boneless Beef Top Sirloin, cut 1-inch thick
- 1/4 teaspoon Salt
- 1/2 teaspoon Pepper
- 3 tablespoons Oil, divided
- 6 Green Onions, whites and tops, thinly sliced
- 2 large Navel Oranges, sectioned, cut into chunks or 2 small cans of Mandarin Oranges, drained
- 1 1/2 cups Jicama, cut into 2-inch strips
- 1/2 cup Olive Oil Vinaigrette Dressing
- 1 tablespoon Coarse Grain Dijon Mustard
- 1/2 teaspoon crushed Cumin Seed
- 2 tablespoons Lemon Juice
- 1/4 cup Orange Juice

## DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
2. Rub beef with salt and pepper.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat until hot. Add beef, cook 10-12 minutes for medium rare to medium, turning once. Remove. Let stand 5 minutes. Slice thinly across the grain, cut into strips.
4. Add beef strips with meat juices, green onion, orange, and jicama to pasta. Toss to mix.
5. Whisk remaining ingredients together in bowl. Pour over pasta mixture. Toss to combine.
6. Serve at room temperature or slightly chilled.

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# Cold Spaghetti Pasta Salad

## INGREDIENTS

- 1 pound Spaghetti
- 1 15-ounce can Tomato Sauce with Bits
- 1 8-ounce bottle Italian Salad Dressing
- 1 small Red Onion, sliced thinly and separated into rings (See page 6)
- 1 4-ounce can sliced Button Mushrooms, drained
- 1 4-ounce can sliced Ripe Olives, drained
- 1/4 cup fresh Parsley, chopped

## DIRECTIONS

1. Cook spaghetti according to package directions. Rinse in cold water. Drain.
  2. In large bowl, mix remaining ingredients well.
  3. Add spaghetti and toss.
  4. Cover and chill at least 15 to 20 minutes.
-

# Peruvian Chicken Pasta Salad

## INGREDIENTS

- 1/2 cup Salad Dressing
- 1/4 cup grated Parmesan Cheese
- 2 teaspoon Milk
- 1/2 teaspoon Salt
- 1 1/2 cup Chicken, cooked and chopped
- 1 cup Corkscrew Noodles
- 1 cup Tomato, chopped
- 1 cup Green Pepper, chopped
- 1/4 cup Onion, coarsely chopped (See page 6)
- Lettuce, to serve

## DIRECTIONS

1. Combine salad dressing, cheese, milk and salt. Mix well.
2. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
3. To dressing, add noodles and all remaining ingredients except lettuce. Mix lightly.
4. Chill several hours or overnight.
5. Add additional salad dressing just before serving, if desired.
6. Serve on lettuce covered platter.



## Honey Beer Chicken Recipe

The combination of beer and honey glaze give this chicken a wonderful flavor. And this super fast chicken recipe takes only about 30 minutes to prepare.

[freecookbookclub.com/honey-beer-chicken-recipe](http://freecookbookclub.com/honey-beer-chicken-recipe)

# Corn 'n' Peas Pasta Salad

## INGREDIENTS

- 2 cup Rotini
- 1 cup Plum Tomatoes, chopped and seeded
- 6 Green Onions, thinly sliced
- 1/2 cup Red Bell Pepper, chopped
- 1/4 cup Cilantro, chopped
- 15 ounces Peas, cooked
- 15 ounces Black-Eyed Peas, cooked
- 11 ounces Corn, cooked
- 2 ounces Olives, sliced

## Dressing

- 1/2 cup Salsa
- 1/4 cup Oil and Vinegar Dressing
- 1 tablespoon Lime Juice
- 1 teaspoon Sugar

## Garnish

- 8 Lettuce Leaves
- Cilantro

## DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
2. In large bowl, combine cooked pasta and all remaining salad ingredients. Toss lightly.
3. In small bowl, combine all dressing ingredients. Mix well.
4. Pour dressing over salad. Toss lightly to coat.
5. Cover and refrigerate at least 1 hour.

**To Serve** - Line serving platter or bowl with lettuce leaves. Spoon salad over lettuce leaves. Top with cilantro.

---

# Mary Pat's Macaroni Salad



Here is an easy salad recipe you can prepare for your family or take to your next family get-together.

## INGREDIENTS

- 1/2 pound Elbow Macaroni
- 6 medium Green Onions, thinly sliced
- 1/2 cup minced Red Onion (See page 6)
- 2 hard-boiled Eggs, chopped roughly
- 1/2 cup Celery, thinly sliced
- 6 slices crisply cooked Bacon, crumbled
- 1/2 cup Dill Pickles, chopped
- 1 1/2 - 2 cups Mayonnaise
- 1/2 - 1 tablespoon Mustard
- 1/2 - 1 tablespoon Horseradish
- 1/2 tablespoon Dill Pickle Juice
- 6 slices crisply cooked Bacon, crumbled
- Salt and freshly ground Black Pepper, to taste

## DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
2. Place macaroni into large bowl with a lid.
3. Add prepared green and red onions, eggs, celery and pickles.
4. In a separate small bowl, blend together mayonnaise, horseradish, mustard and pickle juice.
5. Stir mayonnaise mixture into macaroni mixture. Mix well.
6. Add bacon. Gently toss.
7. Season to taste with salt and pepper.
8. Cover and chill 4 - 6 hours.

# Springtime Pasta Salad

## INGREDIENTS

- 12 ounces Spaghetti, Linguine or Thin Spaghetti, uncooked
- 1 tablespoon Vegetable Oil
- 8 ounces Broccoli Florets
- 8 ounces Asparagus, cut in 1-inch pieces
- 4 Scallions or Spring Onions, cut in 1-inch slices
- 2 cloves Garlic, finely chopped
- 1 10-ounce package frozen Peas, thawed and drained
- 1 Green or Red Bell Pepper, coarsely chopped
- 8 ounces Mushrooms, sliced
- 1/4 cup fresh Parsley, minced

## Dressing

- 3 tablespoons Red Wine Vinegar
- 3 tablespoons fresh Lemon Juice
- 1 tablespoon Dijon Mustard
- 1/2 teaspoon Basil
- 1/2 teaspoon Oregano
- 1/2 teaspoon Thyme
- 1/8 teaspoon Cayenne Pepper
- Freshly ground Black Pepper, to taste
- 2 tablespoons Vegetable Oil

## DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
2. In a large pot, cook broccoli and asparagus in boiling water until crisp yet tender, about 4 minutes. Drain and add to pasta.
3. Add scallions, garlic, peas, bell pepper, mushrooms and parsley to pasta.
4. In a small bowl, whisk together first seven dressing ingredients. Slowly whisk in the oil until dressing is well-blended.
5. Pour dressing over pasta mixture and toss gently until well-mixed.

# French Pasta Salad

In this sophisticated salad, the rich flavors of toasted hazelnuts and goat cheese contrast nicely with the tangy Dijon mustard vinaigrette. Feel free to substitute feta, roquefort or freshly grated parmesan for goat cheese, and asparagus pieces for the green beans.

## INGREDIENTS

- 1/2 cup Hazelnuts, coarsely chopped
- 1 pound dried Penne or Ziti Pasta
- 3 cups Green Beans, ends trimmed and cut in half
- 2/3 cup jarred Pimientos, drained, chopped, or 1 roasted Red Pepper
- 2 tablespoons fresh Parsley, chopped
- 1 chopped Capers, drained
- 1/2 cup Goat Cheese, crumbled
- Vinaigrette (Recipe follows)

## DIRECTIONS

1. Preheat oven to 325°F.
2. Spread hazelnuts in small baking pan and bake until toasted and fragrant, stirring once, about 15 minutes. Cool slightly. Rub briskly in a kitchen towel to remove skins. Set aside.
3. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again. Set aside.
4. Bring another large saucepan of water to a boil. Add green beans and cook until just crisp-tender, about 3 minutes. Drain, rinse under cold water and drain well. Set aside.
5. Prepare vinaigrette.
6. To vinaigrette, add pasta, green beans, toasted hazelnuts and pimientos. Toss to combine.

7. Sprinkle with parsley and capers.
  8. Scatter cheese around edge of salad.
  9. Serve at room temperature or slightly chilled.
- 

## Vinaigrette

### INGREDIENTS

- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Red Wine Vinegar
- 1 tablespoon Dijon Mustard
- 1 large Shallot, minced
- 2 teaspoons fresh Tarragon, chopped
- 2 teaspoons chopped fresh Basil, chopped
- 1 teaspoon Salt
- 1/4 teaspoon coarsely ground Black Pepper

### DIRECTIONS

1. In large shallow serving bowl, whisk together all ingredients.



# Pasta Recipes

## A Free Cookbook Club Cookbook-in-a-Cookbook

You will need to buy pasta to make the recipes in this cookbook. Yeah...That's pretty much a given.

No doubt, when you do, you will have a bit of uncooked pasta left over from time to time. Right?

Now, we know that you can probably find a use for most of it - pasta is, after all, one of the most popular dishes in the world and one of the quickest and easiest to prepare.

**But... We wanted to be nice and help you out a bit. ;)**

On the next 7 pages we have a Cookbook-in-a-Cookbook of Pasta Recipes. These are recipes from each of the 4 Free Pasta Cookbooks we have coming your way shortly and **3 EXCLUSIVE BONUS** pasta recipes that only appear here in this Pasta Recipes Cookbook-in-a-Cookbook.\*

Enjoy the **BONUS** Pasta Recipes on the Next 7 Pages.

\* Within our Cookbooks.



# Pasta Primavera

## From Pasta Dishes Cookbook 1

### INGREDIENTS

- 1 16-ounce package Linguine, or other long pasta shape, uncooked
- 3 tablespoons Olive or Vegetable Oil
- 1 cup Snow Peas
- 1 cup Broccoli Flowerettes
- 1 cup Cauliflower Flowerettes
- 1 cup Red and Yellow Bell Pepper, peeled and julienned
- 1 Baby Carrot, peeled and julienned
- 1/2 cup Shiitake, Morel and/or Chanterelle Mushrooms
- 4 fresh Basil Leaves or 2 teaspoons minced fresh Chervill
- 2 cloves Garlic, minced
- 1 cup grated Parmesan Cheese

### DIRECTIONS

1. Prepare pasta according to package directions. Drain. Set aside.
  2. In a large skillet, heat oil.
  3. Add all remaining ingredients, except Parmesan cheese.
  4. Sauté over medium heat for 3 minutes.
  5. Toss sauce with pasta.
  6. Sprinkle with fresh herbs and Parmesan. Serve.
- 

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# Cheesy Baked Ziti

## From Pasta Dishes Cookbook 2

### INGREDIENTS

- 1 pound Ziti, Rigatoni, Mostaccioli or other medium Pasta shape, uncooked
- Vegetable Oil Cooking Spray
- 1 Onion, chopped (about 1 cup) (See page 6)
- 2 cloves Garlic, minced
- 1 14 1/2-ounce can low-sodium Diced Tomatoes, drained
- 1 15-ounces container Ricotta Cheese
- 2 cups Shredded Mozzarella Cheese
- 1/4 cup grated Parmesan Cheese
- 1/2 cup Milk
- 1/3 cup chopped Italian Parsley
- 1/3 cup chopped fresh Basil or 1 tablespoon dried Basil
- 1/2 teaspoon freshly ground Black Pepper
- 1/4 teaspoon Salt

### DIRECTIONS

1. Prepare pasta according to package directions. Drain and set aside in large bowl.
2. Preheat the oven to 400°F.
3. Spray a non-stick skillet with vegetable oil cooking spray.
4. Heat oil over medium heat.
5. Add onions and sauté until tender, about 5 minutes.
6. Add garlic and sauté 1 more minute.
7. Remove from heat.
8. Stir in tomatoes.
9. Place ricotta cheese, 1 1/2 cups mozzarella cheese, 2 tablespoons Parmesan cheese and milk in a food processor or blender. Process until smooth.
10. Add the tomato and cheese mixtures, parsley, basil and pepper to the cooked pasta. Toss well to combine.
11. Spray a 2 1/2 to 3-quart baking dish (an 8 or 9 x 12-inch oblong dish works well) with vegetable spray. Spoon the pasta mixture into the dish.
12. Sprinkle with remaining 1/2 cup mozzarella and 2 tablespoons Parmesan cheeses.
13. Bake at 400°F for 20 minutes, or until lightly browned.

# Fettuccine with Oranges and Watercress

## From Pasta Dishes Cookbook 3

### INGREDIENTS

- 12 ounces Fettuccine, uncooked
- 12 ounces boneless, skinless Chicken Breasts
- 1 8-ounce can Orange Juice Concentrate
- 5 tablespoons Teriyaki Sauce
- 2 tablespoons Lime Juice
- 1 8-ounce can sliced Water Chestnuts, drained
- 2 bunches Watercress, coarsely chopped
- 3 tablespoons chopped Pecans, lightly toasted, to serve
- 2 Oranges, peeled with a knife and sliced into sections, to serve

### DIRECTIONS

1. Prepare pasta according to package directions.
  2. While pasta is cooking, stir together orange juice concentrate, teriyaki sauce and lime juice in a medium skillet.
  3. Add chicken breasts. Cover skillet and simmer chicken 4 minutes. Turn chicken, cover and cook 4 more minutes or until done.
  4. Remove chicken to a cutting board and let cool.
  5. Add water chestnuts to the orange sauce. Bring to a boil and stir.
  6. Slice the chicken into strips and add it to the sauce.
  7. Add watercress to sauce. Cook until watercress wilts and chicken is hot.
  8. Remove to a serving plate. Sprinkle with pecans and arrange orange slices on top.
  9. Serve.
-

# Linguine and Turkey Sauté

## From Pasta Dishes Cookbook 4

### INGREDIENTS

- 1 pound Linguine or Spaghetti, uncooked
- 2 cups Broccoli Florets
- 1 tablespoon Butter
- 1 large Onion, diced (See page 6)
- 2 Carrots, sliced into 1/4-inch rounds
- 2 stalks Celery, diced
- 2 tablespoon All-Purpose Flour
- 1 14 1/2-ounce can low-sodium Chicken Broth
- 1 teaspoon Ground Sage
- 2 cups diced, cooked Turkey
- 1/4 cup Herbed Stuffing Mix

### DIRECTIONS

1. Start preparing pasta according to package directions.
  2. Two minutes before pasta is done, add broccoli florets to water.
  3. Cook two minutes.
  4. Drain pasta and broccoli in colander.
  5. In a large skillet, warm butter over medium heat.
  6. Add onion, carrots and celery. Sauté 3 minutes.
  7. Stir in flour.
  8. Add chicken broth and sage.
  9. Stir in turkey.
  10. Stir until the sauce come to a simmer. Simmer 1 minute.
  11. Pour the turkey sauté over the pasta.
  12. Sprinkle stuffing mix on top and serve immediately.
-

## Exclusive Bonus Recipe – Spicy Chicken Fettuccine

### INGREDIENTS

- 12 ounces Fettuccine, uncooked
- 2 tablespoons Butter
- 12 ounces boneless skinless Chicken Breasts
- 1 cup Scallions, trimmed and chopped (about 6 scallions)
- 2 large ribs Celery, chopped (about 1 cup)
- 1 medium Red Bell Pepper, cored, seeded and chopped (about 2/3 cup)
- 2 tablespoons Flour
- 1 1/4 cups Chicken Broth
- 1 1/2 tablespoon freshly squeezed Lemon Juice
- 2 teaspoons Paprika
- 1 teaspoon Onion Powder
- 1/2 teaspoon Garlic Powder
- 1 teaspoon dried Thyme
- 1 teaspoon dried Oregano
- 1/4 teaspoon Chicken Bouillon Powder
- 1/4 teaspoon Cayenne Pepper

### DIRECTIONS

1. Prepare pasta according to package directions. Drain. Set aside.
2. While pasta is cooking, sauté chicken breasts in butter over medium heat until browned and cooked through, about 4 minutes. (See page 6)
3. Remove chicken from pan, cut in half and chill.
4. Add flour to pan. Stir until a roux forms.
5. Add green onions, celery and peppers to sauté pan. Sauté until crisp tender.
6. Stir in remaining ingredients. Heat until sauce begins to simmer.
7. Toss pasta with sauce. Top with chicken.

## Get More Chicken Recipes in Our Chicken Recipes Cookbook



Here are just a few of the delicious Chicken Recipes in this book

- Cajun Chicken and Rice with Veggies & Beans
- Chicken and Country Ham Deep Dish Pie
- 40-Clove Garlic Chicken
- Grilled Miso Chicken
- Angel Hair Pasta with Lemon Chicken
- Polynesian Chicken Wings
- Chicken Merlot with Mushrooms
- Bill's Lemon-Pepper Smoked Chicken

Available on [FreeCookBookClub.com](http://FreeCookBookClub.com). Click [HERE](#) to download the Chicken Recipes Cookbook and Get MORE GREAT COOKBOOKS -- For FREE!

# Exclusive Bonus Recipe - Penne Pasta with Lemon Infused Vegetables and Ricotta Salata

Ricotta salata is a dry salted ricotta cheese that has a sharp, almost tangy flavor; it is available in most Italian grocery stores. This is a vegetarian dish with large pieces of Shiitake mushrooms that help give this dish a hearty, meaty flavor.

## INGREDIENTS

- 1 pound Penne Pasta
- 4 - 6 ounces Virgin Olive Oil
- 1 tablespoon Garlic
- 1 tablespoon Lemon Zest
- 1 - 2 teaspoons Red Pepper Flakes
- 1 pound Shiitake Mushrooms, quartered
- 1 cup Red Peppers, diced
- 1 pound Broccoli Florets
- 1 large Fennel, cut into strips
- 1 teaspoon fresh Thyme
- 1/4 cup Italian Parsley, coarsely chopped
- Salt and freshly ground Black Pepper, to taste
- 1 pound Ricotta Salata Cheese

## DIRECTIONS

1. Parcook broccoli and fennel by boiling for 3 - 4 minutes in salted water. Drain. Set aside.
2. Prepare pasta according to package directions. Drain. Set aside.
3. Heat a large sauté pan over medium heat. Sauté garlic, lemon zest and red pepper flakes in olive oil for 3 - 4 minutes, being very careful not to brown garlic.
4. Add red peppers and Shiitakes. Continue to cook until mushrooms are tender.
5. Add cooked broccoli, fennel and fresh thyme. Continue to cook without browning.
6. Add cooked pasta and 1/2 of parsley.
7. Season with salt and pepper, to taste. If pasta seems too dry, add some of reserved pasta cooking liquid.
8. Portion pasta into heated bowls. Garnish tops with grated ricotta salata and chopped parsley.

# Exclusive Bonus Recipe - Spanish Lasagne

## INGREDIENTS

- 6 pieces Lasagne, uncooked
- 2 teaspoon Vegetable Oil
- 2 Red Bell Peppers, diced
- 3 cloves Garlic, minced
- 1 28-ounce can Crushed Tomatoes
- 1/2 teaspoon Salt
- 1 10-ounce package Frozen Peas, thawed
- Pinch Saffron
- Grated Zest of 2 Oranges (See Note 1 below)
- 3 cups grated Mozzarella Cheese, divided

## DIRECTIONS

1. Cook lasagne according to package directions. Drain.
2. Preheat oven to 350°F.
3. Warm oil in a large, non-stick skillet over medium heat.
4. Add peppers and garlic. Sauté until peppers are very soft.
5. Add tomatoes, saffron, orange zest and salt. Remove from heat. Set aside 1 cup of tomato mixture.
6. Spread a little of the tomato mixture in bottom of a 9 x 13 x 2-inch baking dish.
7. Cover with four pieces of lasagne (three lengthwise, one widthwise).
8. Continue by adding cheese, peas, tomatoes and lasagne.
9. Top with reserved tomatoes and cheese.
10. Bake uncovered until browned on top and bubbly, about 40 minutes.

Note 1 - The zest of an orange is outermost part of the peel. Do NOT use the white part of the peel (the pith).



## Baked Spaghetti Casserole Recipe

Baked Spaghetti Casserole is a quick and oh-so yummy way to make a hot, comforting dinner everyone will love. Especially the kids.

[freecookbookclub.com/baked-spaghetti-casserole-recipe](http://freecookbookclub.com/baked-spaghetti-casserole-recipe)

# Pasta Salads 1

## The Recipes - Part 2



# Noodle Salad with Pineapple and Ham & Minestrone Pasta Salad Recipes

## Noodle Salad with Pineapple and Ham

### INGREDIENTS

- 1 package of Noodles
- 1 cup of Cream
- 1 cup of Mayonnaise
- 1 can of Pineapple, diced
- 1/4 cup of ham, diced
- 1/4 of a package Cream Cheese, softened
- Salt and freshly ground Black Pepper, to taste

### DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
2. Mix all the ingredients.

## Minestrone Pasta Salad

### INGREDIENTS

- 7 ounces Shell Pasta
- 1 cup Carrots, sliced
- 1 cup Bell Peppers, chopped
- 1 can Dark Red Kidney Beans, drained
- 1 can Garbanzo Beans, drained
- 1 can Diced Tomatoes, drained
- 1/2 cup Parmesan cheese, crumbled
- 2/3 cup Italian Salad Dressing

### DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
2. In mixing bowl combine cooked pasta, carrots, bell peppers, beans, tomatoes, parmesan cheese and salad dressing.
3. Mix well.
4. Chill several hours before serving.

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# Curried Pasta Salad with Cucumber Raita

## INGREDIENTS

- 1 pound Elbow Macaroni, Radiatore or other medium pasta shape, uncooked
- 1 Cucumber
- 1/2 cup Plain Yogurt, divided
- 2 tablespoon fresh mint, finely chopped
- 1 medium Tomato
- 1 tablespoon Vegetable Oil
- 1 tablespoon Curry Powder
- 1 Jalapeño Pepper, cored, seeded and finely chopped
- 1/4 cup Sour Cream
- 1/2 cup Celery, cut on the diagonal
- 1 cup Snow Peas, raw or lightly cooked, julienned
- 1 cup Shrimp, cooked, coarsely chopped

## DIRECTIONS

### Raita

1. Trim the ends from cucumber, peel it and cut it in half lengthwise. Scoop out the seeds.
2. Grate the cucumber coarsely.
3. Stir the grated cucumber, 1/4 cup of the yogurt and the mint together in a small bowl.
4. (This can be made ahead and refrigerated up to one day.)

### Salad

5. Core tomato and cut it in half crosswise. Squeeze out the seeds and finely dice the tomato. Set aside.
6. Heat the oil in a small skillet over low heat.
7. Add curry powder and jalapeño and cook until the curry is fragrant, about 1 minute. Remove and cool.
8. Prepare pasta according to package directions. Drain and rinse under cold water to cool. Drain again thoroughly.
9. Stir the remaining 1/4 cup of the yogurt and the sour cream together in a large bowl.
10. Stir in the curry mixture, pasta, diced tomato, celery, snow peas and shrimp.
11. Let stand 30 minutes, tossing once or twice before serving.
12. Top each serving with a dollop of the cucumber raita.

# Pasta, Peas and Shrimp Salad

## INGREDIENTS

- 12 ounces fresh or frozen medium-sized Shrimp, peeled and deveined
- 8 ounces dried Rotini Pasta
- 1 6-ounce package of frozen Snow Peas
- 1 Red Sweet Bell Pepper, seeded and chopped
- 4 Green Onions, sliced
- 1/4 cup White Wine Vinegar
- 2 tablespoons Vegetable Oil
- 2 tablespoons Soy Sauce
- 1/4 teaspoon Crushed Red Pepper
- Non-Fat Cooking Spray

## DIRECTIONS

1. Thaw shrimp if frozen.
2. Prepare pasta according to package directions.
3. Add snow peas to pasta water about 1 minute before pasta is done cooking.
4. Drain in a colander then return pasta and peas to the pot.
5. Remove pot from heat.
6. Add bell pepper and green onions. Toss well. Cover and set aside.
7. Place vinegar, oil, soy sauce and red pepper in an airtight container, cover, then shake to combine ingredients for vinaigrette.
8. Spray skillet with cooking spray and heat over medium-high heat.
9. Add shrimp and cook until opaque.
10. Place pasta mixture in a large serving bowl.
11. Add shrimp and toss well.
12. Drizzle vinaigrette and toss until well-coated.
13. Serve.

---

If you prefer a creamier Shrimp Pasta Salad, try this one.  
Or, better yet, try Both!



### Shrimp Pasta Salad with Fresh Peas & Dill Recipe

Shrimp Pasta Salad with Fresh Peas and Dill Recipe is a light, tangy salad with just the right ratios of shrimp, pasta and lemon dill sauce.

[southernfoodies.com/shrimp-pasta-salad-with-fresh-peas-and-dill-recipe](http://southernfoodies.com/shrimp-pasta-salad-with-fresh-peas-and-dill-recipe)

# Emerald Chicken and Pasta Salad

## INGREDIENTS

- 4 skinned and boned Chicken Breast Halves
- 16 ounces uncooked Penne Pasta
- 1 teaspoon Salt
- 3 quarts boiling Water
- 1 pound fresh Asparagus
- 1 14-ounce can Artichoke Heart Quarters, drained
- 6 cups Gourmet Lettuces
- 1 California Avocado
- Avocado Dressing (Recipe below)

## DIRECTIONS

1. Starting at the top, with a very sharp knife, cut down into each avocado until you hit the seed. Cut completely around the avocado, top to bottom, touching the pit the entire time.
2. Pull the two halves of the avocado apart and remove the seed with a spoon.
3. Use the spoon to scoop the avocado out of the skin and slice.
4. Place chicken in a shallow dish. Top with 1/3 cup avocado dressing.
5. Cover and chill 1 to 2 hours.
6. Drain, discarding marinade.
7. Cook chicken in a nonstick skillet over medium-high heat 7 minutes on each side or until done. (See page 6) Cool and chop.
8. Prepare pasta according to package directions.
9. When almost done, add asparagus and cook 2 more minutes. Drain and cool.
10. Toss together pasta, asparagus, chicken, artichoke hearts and remaining dressing.
11. Serve on lettuce-lined plates, and top with avocado slices

---

## Avocado Dressing

### INGREDIENTS

- 2 California Avocados
- 1/4 cup loosely packed fresh Cilantro Leaves
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup White Wine Vinegar
- 1/2 teaspoon Salt
- 1/2 teaspoon freshly ground Black Pepper

### DIRECTIONS

1. Process all ingredients in a food processor until smooth, stopping to scrape down sides.
2. Chill, if desired.

# Tuna Pasta Salad

## INGREDIENTS

- 2 cups Shell Macaroni
- 1 can Tuna
- 1 small Onion, finely chopped (See page 6)
- 1/2 cup Celery, finely sliced
- 1 large Carrot, grated
- 2 hard boiled Eggs, mashed up
- 1/2 cup Mayonnaise
- 1 tablespoon Lemon Juice
- 1/4 teaspoon Garlic Salt
- 1/4 teaspoon Paprika

## DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
  2. Place pasta into a large bowl.
  3. Add tuna, breaking up any chunks.
  4. Add celery, onion and carrot.
  5. Mix mayonnaise with lemon juice, garlic salt and paprika. Spoon over top of salad. Mix very lightly.
  6. Add the mashed eggs and stir very lightly.
  7. Serve.
-

## Florentine Pasta Salad

Easy pasta salad. Linguine, spinach, and mushroom salad with a sun-dried tomato-pesto dressing, garnished with pine nuts.

### INGREDIENTS

- 4 ounces dry Linguine or Fettuccine Pasta or Spaghetti
- 1/2 cup fresh Mushrooms, sliced
- 2 cups fresh Spinach, shredded
- 4 tablespoons Pine Nuts or Slivered Almonds, toasted
- Sun-Dried Tomato-Pesto Dressing (Recipe below)

### DIRECTIONS

1. Prepare dressing per directions below. Set aside.
2. Cook pasta according to package directions for al dente pasta. Drain. Rinse with cold water and drain again. Set aside.
3. In a skillet or wok, over high heat, sauté mushrooms.
4. Add pasta to large bowl with dressing. Toss to coat.
5. Add spinach and mushrooms. Mix well.
6. Sprinkle with nuts and serve immediately.

---

## Sun-Dried Tomato-Pesto Dressing

### INGREDIENTS

- 2/3 cup Sun-Dried Tomatoes, not packed in oil, chopped
- 2/3 cup Water
- 1 clove Garlic, chopped
- 1/2 small Red Onion, chopped (See page 6)
- 1 7-ounce package Pesto Sauce
- 2 tablespoons Lemon Juice

### DIRECTIONS

1. Place sun-dried tomatoes in glass bowl with 1/3 cup water.
2. Microwave, uncovered, on high, for 2 minutes.
3. Set aside until they have absorbed the water and cooled, about 20 minutes.
4. Blend garlic, onions, cooled tomatoes and pesto sauce.
5. In a large mixing bowl, combine pesto mixture and lemon juice. Set aside.

# Crab Salad with Pasta Shells

## INGREDIENTS

- 2 tablespoons Lemon Juice
- 2 tablespoons Mayonnaise
- 2 tablespoons Natural Yogurt
- 1 pound Crab Meat
- 1 Cucumber, diced
- 4 Tomatoes, skinned and cubed
- 4 ounces Pasta Shells
- 1 Shredded Lettuce
- Cucumber and Lemon Slices, to garnish

## DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again. Set aside.
  2. Mix together the lemon juice, mayonnaise and yogurt.
  3. Combine the dressing with crab, cucumber, tomatoes and pasta.
  4. Serve the crab salad on a bed of shredded lettuce.
  5. Garnish with cucumber and lemon slices.
  6. Accompany with brown bread and butter.
-

# Pasta Verde Salad

## INGREDIENTS

- 2 cups small Broccoli Florets
- 2 cups Asparagus, cut into 1-inch pieces
- 1 cup Carrots, diagonally sliced 1/2-inch pieces
- 1/2 cup Onion, diced
- 2 cups dried medium Pasta Shells
- 3/4 cup Green Goddess Salad Dressing (Recipe below)
- 1 large Tomato, quartered, seeded and cut lengthwise into thin strips

## DIRECTIONS

1. Bring large pot of lightly salted water to a boil.
2. Fill a large bowl with ice water.
3. Add broccoli, asparagus, carrots and onion to boiling water and cook until just tender, about 3 minutes.
4. With slotted spoon, plunge vegetables into ice water, drain well and set aside.
5. Keep water at a boil.
6. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
7. In large serving bowl, combine cooked vegetables and pasta.
8. Add dressing and toss to coat.
9. Add tomato strips and toss again.

---

# Green Goddess Dressing

Green Goddess dressing from the Legendary Stuff Shirt Restaurant.

## INGREDIENTS

- 1 cup Sour Cream
- 1 cup Mayonnaise
- 1 tablespoon Lemon juice
- 1 tablespoon White Wine Vinegar
- 1 tablespoon Anchovy Paste
- 1 tablespoon Parsley, minced
- 1/3 cup Onion, diced (See page 6)
- Salt and freshly ground Black Pepper, to taste

## DIRECTIONS

1. Mix together sour cream, mayonnaise, lemon juice, vinegar, anchovy paste, parsley and onion.
2. Season to taste with salt and pepper.
3. Mix well.
4. Dressing may be refrigerated in covered container for up to 2 weeks.



# Secret Copycat Pasta Salad Recipes

Cold Pasta Salads are more of a home cooking thing than a chain restaurant kind of thing. You do see them occasionally in small diners or family-owned places, but other than the occasional Macaroni Salad, in our experience most restaurant chains don't seem to have a signature pasta salad.

We have managed to find the 2 recipes below - one for a macaroni salad everyone knows and loves from a national chain and the other for one of the most popular super-market salads - to include on our Mega-Site **Secret Copycat Restaurant Recipes**.

Click the links below to start enjoying the best of the restaurants, super-markets and star chefs at home - anytime you like.



## KFC Macaroni Salad Recipe

Make our KFC Macaroni Salad Recipe at home for your family or your next outdoor party. With our Secret Restaurant Recipe your Macaroni Salad will taste just like Kentucky Fried Chicken's.

[secretcopycatrestaurantrecipes.com/kfc-macaroni-salad-recipe](http://secretcopycatrestaurantrecipes.com/kfc-macaroni-salad-recipe)



## Suddenly Salad Ranch and Bacon Pasta Salad Recipe

Make our Suddenly Salad Ranch & Bacon Salad Recipe at home tonight for your family. With our Secret Restaurant Recipe your Pasta Salad will taste better than the box.

[secretcopycatrestaurantrecipes.com/suddenly-salad-ranch-and-bacon-salad-recipe](http://secretcopycatrestaurantrecipes.com/suddenly-salad-ranch-and-bacon-salad-recipe)



## L&L Hawaiian Barbecue Macaroni Salad Recipe

Creamy Hawaiian Macaroni Salad is served on every plate lunch at L&L Hawaiian Barbecue. Our Secret Restaurant Recipe for their Macaroni Salad tastes just like L&L Hawaiian Barbecue's.

[secretcopycatrestaurantrecipes.com/ll-hawaiian-barbecue-macaroni-salad-recipe](http://secretcopycatrestaurantrecipes.com/ll-hawaiian-barbecue-macaroni-salad-recipe)

# Secret Copycat Restaurant Pasta Recipes

As we said on the previous page, Cold Pasta Salads are more of a home cooking thing. Other than the occasional Macaroni Salad, most restaurants don't have a signature pasta salad. However...

**Hot Pasta Dishes they have in abundance.**

And many of them are amazingly delicious.

On our sister-site, **Secret Copycat Restaurant Recipes**, we have the recipes for more than 2 dozen of the best pasta dishes from all your favorite restaurants and super-star chefs that you can make them at home anytime. Here are just a few examples to get you started.



## Romano's Macaroni Grill Pasta Milano Recipe

Make our Romano's Macaroni Grill's Pasta Milano Restaurant Recipe at home tonight for your family. With our Secret Restaurant Recipe your Pasta Milano will taste just like Romano's Macaroni Grill's.

[secretcopycatrestaurantrecipes.com/romanos-macaroni-grills-pasta-milano-restaurant-recipe](http://secretcopycatrestaurantrecipes.com/romanos-macaroni-grills-pasta-milano-restaurant-recipe)



## Olive Garden's Spaghetti Carbonara Recipe

Make our Olive Garden's Spaghetti Carbonara Restaurant Recipe at home tonight for your family. With our Secret Restaurant Recipe your Spaghetti Carbonara will taste just like Olive Garden's.

[secretcopycatrestaurantrecipes.com/olive-gardens-spaghetti-carbonara-restaurant-recipe](http://secretcopycatrestaurantrecipes.com/olive-gardens-spaghetti-carbonara-restaurant-recipe)



## Applebee's Three Cheese Chicken Penne Pasta Recipe

Mozzarella, Provolone and Parmesan Cheeses top off a rich mix of penne pasta, grilled chicken, bruschetta, fresh basil and Alfredo sauce. Our recipe tastes just like Applebee's.

[secretcopycatrestaurantrecipes.com/applebees-three-cheese-chicken-penne-pasta-recipe](http://secretcopycatrestaurantrecipes.com/applebees-three-cheese-chicken-penne-pasta-recipe)

# Secret Copycat Restaurant Pasta Recipes



## Olive Garden Fettuccine Alfredo Restaurant Recipe

Make our Olive Garden Fettuccine Alfredo Restaurant Recipe at home tonight for your family. With our Secret Restaurant Recipe your Fettuccine Alfredo will taste just like Olive Garden's.

[secretcopycatrestaurantrecipes.com/olive-garden-fettuccine-alfredo-restaurant-recipe](http://secretcopycatrestaurantrecipes.com/olive-garden-fettuccine-alfredo-restaurant-recipe)



## Michael Symon's Bacon Mac and Cheese Recipe

Super-Star Chef, Micheal Symon (Iron Chef, The Chew) shows us how to make his killer signature Mac and Cheese in this video recipes.

[secretcopycatrestaurantrecipes.com/michael-symons-bacon-mac-and-cheese-recipe](http://secretcopycatrestaurantrecipes.com/michael-symons-bacon-mac-and-cheese-recipe)



## O'Charley's Prime Rib Pasta Recipe

Make our O'Charley's Prime Rib Pasta Recipe at home tonight for your family. With our Secret Restaurant Recipe your Prime Rib Pasta will taste just like O'Charley's.

[secretcopycatrestaurantrecipes.com/ocharleys-prime-rib-pasta-recipe](http://secretcopycatrestaurantrecipes.com/ocharleys-prime-rib-pasta-recipe)



## Bennigan's Shrimp and Pasta Recipe

Make our Bennigans Shrimp and Pasta Recipe at home tonight for your family. With our Secret Restaurant Recipe your Shrimp and Pasta will taste just like Bennigan's.

[secretcopycatrestaurantrecipes.com/bennigans-shrimp-and-pasta-recipe](http://secretcopycatrestaurantrecipes.com/bennigans-shrimp-and-pasta-recipe)





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No Problem. We've got you covered. Here are links to a few of our most popular restaurant recipes to get you started.

Just click on the links below to start making your family's restaurant favorites tonight.  
No charge. No obligation.

---

[Outback Steakhouse Blooming Onion](https://secretcopycatrestaurantrecipes.com/outback-steakhouses-blooming-onion-recipe) - secretcopycatrestaurantrecipes.com/outback-steakhouses-blooming-onion-recipe

[Applebee's Wonton Tacos](https://secretcopycatrestaurantrecipes.com/applebees-wonton-tacos-recipe) - secretcopycatrestaurantrecipes.com/applebees-wonton-tacos-recipe

[Homemade Oreo Cookies](https://secretcopycatrestaurantrecipes.com/homemade-oreo-cookies-recipe) - secretcopycatrestaurantrecipes.com/homemade-oreo-cookies-recipe

[Krispy Kreme Glazed Doughnuts](https://secretcopycatrestaurantrecipes.com/krispy-kreme-glazed-doughnuts-recipe) - secretcopycatrestaurantrecipes.com/krispy-kreme-glazed-doughnuts-recipe

[Taco Bell Chalupa](https://secretcopycatrestaurantrecipes.com/taco-bell-chalupa-recipe) - secretcopycatrestaurantrecipes.com/taco-bell-chalupa-recipe

[McDonald's Big Mac and Special Sauce](https://secretcopycatrestaurantrecipes.com/mcdonalds-big-mac-special-sauce-copycat-recipes) - secretcopycatrestaurantrecipes.com/mcdonalds-big-mac-special-sauce-copycat-recipes

[Papa John's Garlic Butter Sauce](https://secretcopycatrestaurantrecipes.com/papa-johns-garlic-sauce-recipe) - secretcopycatrestaurantrecipes.com/papa-johns-garlic-sauce-recipe

[KFC Cole Slaw](https://secretcopycatrestaurantrecipes.com/kfc-cole-slaw-restaurant-recipe) - secretcopycatrestaurantrecipes.com/kfc-cole-slaw-restaurant-recipe

Enjoy. And remember -- this is just scratching the surface of what you get.

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# Melon Pasta Salad

## INGREDIENTS

- 1 pound Cheese-Filled Ravioli, cooked and chilled
- 1/2 very firm Honeydew Melon, cut in 1/2-inch dice
- 1 cup Yellow Pear Tomatoes, halved
- 1 poun fresh Mozzarella, diced
- 2 tablespoons snipped fresh Basil Leaves
- 4 Scallions, thinly sliced
- 1 teaspoon Salt
- 1 teaspoon freshly ground Black Pepper
- 4 tablespoons Olive Oil
- 3 tablespoons Balsamic Vinegar

## DIRECTIONS

1. Put ravioli, melon, tomatoes, mozzarella, basil and scallion slices in a bowl. Toss well to combine.
  2. Whisk together salt, pepper, oil and vinegar.
  3. Dress ravioli mixture and toss gently.
  4. Chill until serving time.
- 

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# Rigatoni-Turkey Salad

## INGREDIENTS

- 8 ounces Rigatoni, Elbow Macaroni or other medium Pasta shape, uncooked
  - 1 1/2 cups cooked Turkey, cubed
  - 1/4 cup Onion, chopped (See page 6)
  - 1 cup Carrots, thinly sliced
  - 1 cup frozen Peas, thawed
  - 2 tablespoon Vegetable Oil
  - 2 tablespoon Cider Vinegar
  - 1/4 teaspoon Thyme
  - 1/4 teaspoon Salt
  - 1/4 teaspoon freshly ground Black Pepper
- 

## DIRECTIONS

1. Prepare pasta according to package directions, drain and rinse with cold water. Drain well.
2. Combine turkey and vegetables in a large bowl.
3. Add pasta.
4. Combine oil, vinegar and seasonings in a jar. Shake until well blended. Pour over pasta and stir well. Cover and chill until ready to serve.

# Zealand Antipasto Mushroom Pasta Salad

## INGREDIENTS

- 4 cups Pasta, of choice
- 2 cups White Mushrooms, sliced
- 1 cup Roasted Red Peppers, chopped
- 1 cup Salami, cut into bite-size pieces
- 1 cup Provolone Cheese, cut into bite-size pieces
- 6 ounce jar marinated Artichoke Hearts with liquid
- 1/4 cup Italian Dressing
- 1/4 teaspoon Salt
- 1 teaspoon freshly ground Black Pepper
- 1/2 cup fresh Basil, chopped

## DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
2. To the pasta add mushrooms, peppers, salami, cheese and artichoke hearts with liquid.
3. Mix in Italian dressing.
4. Season with salt and pepper.
5. Top with chopped basil.
6. Allow flavors to blend for at least 30 minutes before serving.



# Pasta Fruit Salad

## INGREDIENTS

- 1 1/2 cups uncooked Spiral Pasta
- 1 cup unsweetened Pineapple Chunks, drained, reserve 2 tablespoons of the juice
- 1 8-ounce carton Peach Yogurt
- 2 tablespoons Sour Cream
- 1 1/2 cups Cantaloupe, cut into cubes
- 1 cup Seedless Red Grapes, cut in halves
- 1 1/2 cups fresh Strawberries, sliced

## DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
  2. Combine yogurt, sour cream, and reserved pineapple juice. Set aside.
  3. Combine pasta, pineapple chunks, cantaloupe, grapes and strawberries.
  4. Add the dressing and toss gently.
  5. Chill and serve cold.
-

# Frogeye Salad

Frogeye salad probably gets its unusual name from the small Acini di Pepe pasta's resemblance to the small eyes of frogs. Acini di pepe are those tiny pasta balls you more frequently see in Italian Wedding Soup. The name is Italian for "seeds of pepper" and they have long been a symbol of fertility, which is why they are used in Italian Wedding Soup.

Frogeye Salad has a strong regional presence in Utah and surrounding states, especially among members of The Church of Jesus Christ of Latter-day Saints in the Mormon Corridor.

## INGREDIENTS

- 1 cup Acini di Pepe Pasta (See above)
- 2 12-ounce cans Mandarin Oranges
- 1 20-ounce can Crushed Pineapple in Juice
- 1 6-ounce bottle Maraschino Cherries
- 1/2 cup Sugar
- 3 tablespoon Flour
- Pinch of Salt
- 2 Eggs
- 1 12-ounce tub Non-Dairy Whipped Topping

## DIRECTIONS

1. Drain all fruit, reserving liquid.
  2. Cut maraschino cherries in half.
  3. Cook acini according to package directions. Drain, rinse to cool and set aside in a large bowl.
  4. Beat eggs or place in blender to whip.
  5. In same pot used to cook the acini, place the reserved liquid, sugar, flour and salt. Bring to a boil, stirring constantly with wire whisk.
  6. Temper eggs with hot liquid, return to pan.
  7. If you're using an electric stove, turn off heat, return pan to hot burner, stirring constantly till mixture begins to bubble.
  8. Remove from heat, pour over cooled acini. Stir gently but thoroughly. Mixture will be soupy.
  9. Add fruit, stir gently to combine, cover and refrigerate 4 – 6 hours or overnight.
-

# Peking Pork Pasta Salad

## INGREDIENTS

- 3/4 pound boneless Pork, cut into 1/4-inch cubes
- 1 teaspoon Vegetable Oil
- Oriental Salad Dressing (Recipe below)
- 6 ounces Corkscrew or other small shaped Pasta, cooked and drained
- 1 pound fresh Spinach Leaves, washed and drained
- Green Onions, chopped, to garnish
- Almond slices, to garnish

## DIRECTIONS

1. In large skillet over high heat, stir-fry pork in oil just until lightly browned.
2. Toss pork strips with oriental dressing. Set aside.
3. Toss pasta with spinach.
4. Top with pork.
5. Garnish with chopped green onion and almond slices, if desired.

---

# Oriental Salad Dressing

## INGREDIENTS

- 1/3 cup Vinegar
- 1/4 cup Soy Sauce
- 2 tablespoon Water
- 1 tablespoon Sesame Oil
- 1/2 teaspoon Sesame Seeds
- 2/3 cup Oil

## DIRECTIONS

1. Mix first 5 ingredients in jar with tight fitting lid.
  2. Shake well.
  3. Add oil and shake again.
  4. Chill until ready to serve.
- 



## Applebee's Oriental Chicken Salad Recipe

Make Applebee's Oriental Chicken Salad at home tonight for your family. With our Secret Restaurant Recipe your Oriental Chicken Salad will taste just like Applebee's.

[secretcopycatrestaurantrecipes.com/applebees-oriental-chicken-salad-secret-copycat-recipe](http://secretcopycatrestaurantrecipes.com/applebees-oriental-chicken-salad-secret-copycat-recipe)

# Pita-Filled Shrimp and Fruit Pasta Salad

## INGREDIENTS

- 1 cup uncooked Macaroni
- 6 ounces Shrimp, cooked, peeled and deveined
- 1/2 cup Celery, sliced
- 1/3 cup Green Bell Pepper, chopped
- 1 Peach, thinly sliced
- 1 Nectarine, thinly sliced

## Dressing

- 2 tablespoons Olive Oil
- 2 1/2 tablespoons White Wine Vinegar
- 1/2 teaspoon Dijon Mustard
- 1 small clove Garlic, minced
  
- 4 Pita Pockets

## DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
  2. Combine all the dressing ingredients in a medium bowl.
  3. Add shrimp, celery, pasta and green pepper to the dressing.
  4. Mix gently then cover and refrigerate for several hours.
  5. Line pocket bread with fruit slices and fill with salad mixture.
- 

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# Salsa Pasta Salad

## INGREDIENTS

- 1 pound large Shell Pasta, cooked
- 1 basket Cherry Tomatoes, halved
- 1 to 2 cups fresh Corn Kernels, or Frozen Corn Kernels, thawed
- 1 Sweet Bell Pepper, color of your choice, chopped
- 1 8-ounce can mild, chopped Green Chiles
- 1 19-ounce can Kidney Beans or equivalent amount cooked
- 1 small Red Onion, chopped (See page 6)
- 16 ounces Salsa, store-bought or homemade

## DIRECTIONS

1. Combine all ingredients well and refrigerate at least several hours.
  2. The pasta will soak up the salsa, so you may need to add more just before serving if you like a “wetter” pasta salad.
-

# Vegetable All-Summer Salad & Soba Noodle Salad Recipes

## Vegetable All-Summer Salad

### INGREDIENTS

- 1 package Elbow Macaroni
- 2 15-ounce cans Mixed Vegetables, drained
- 1 cup diced Cheddar Cheese
- 3/4 cup Mayonnaise or Salad Dressing
- Salt and freshly ground Black Pepper, to taste

### DIRECTIONS

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain again.
2. Combine mixed vegetables and cheese.
3. Add mayonnaise or salad dressing and seasonings to vegetable mixture.
4. Toss with macaroni.

## Soba Noodle Salad

Soba noodles are a flavorsome wheat noodle product that can be boiled and then made into a cold noodle salad. The vinaigrette dressing is made with a combination of rice wine vinegar and lime juice for a lower calorie dressing.

### INGREDIENTS

- 2 packages Soba Noodles
- 1 package commercial packaged shredded Carrots
- 4 Green Onions, sliced
- 2 tablespoons Coriander (Chinese Parsley), chopped
- 4 tablespoons Rice Wine Vinegar
- 2 tablespoons Lime Juice
- 3 or 4 drops Hot Sauce

### DIRECTIONS

1. Boil the noodles according to package directions and then let them cool.
2. Mix carrots, green onions and coriander into the cooled noodles.
3. In a separate bowl, whisk rice wine vinegar, lime juice and hot sauce.
4. Mix the dressing with the cooled noodles and serve.

# As-You-Like-It Pasta Salad

## INGREDIENTS

- 8 ounces Pasta
- 1/2 small Red Onion, chopped (See page 6)
- 1/4 cup Salad Dressing

## Choose 3 of the following vegetables

- 1 medium Tomato, chopped
- 1 small Zucchini, sliced
- 1/4 cup Celery, chopped
- 1/4 cup Carrots, sliced
- 1 medium Pepper, chopped
- 1/4 cup Green Beans
- 1/2 cup Broccoli, chopped

## DIRECTIONS

1. Prepare pasta according to package directions.
  2. Add chopped onion and fresh vegetables. Or, if preferred, steam or stir-fry vegetables for 3–5 minutes before adding to pasta.
  3. Add salad dressing. Mix well.
-

# Enhanced Recipes

More Pasta Salad Recipes



## Enchanced Recipes - Pasta Salads



### Summer Pasta Salad with Grilled Corn, Avocado and Cilantro Lime Dressing Recipe

A delicious easy-to-make pasta salad with all the bright tastes you love of Summer.

[freecookbookclub.com/summer-pasta-salad-with-grilled-corn-avocado-and-cilantro-lime-dressing-recipe](http://freecookbookclub.com/summer-pasta-salad-with-grilled-corn-avocado-and-cilantro-lime-dressing-recipe)



### BLT Pasta Salad Recipe

BLT Sandwiches are a Southern Tradition. Pasta Salad is a Southern Tradition. BLT Pasta Salad is a No-Brainer. The fact that it is easy to make and delicious in it own right is the Icing on the Cake.

[southernfoodies.com/blt-pasta-salad-recipe](http://southernfoodies.com/blt-pasta-salad-recipe)



### Old Fashioned Salmon Pasta Salad Recipe

This cute video show you how to make a wonderful vintage recipes that will be at home at any dinner party.

[freecookbookclub.com/old-fashioned-salmon-pasta-salad-recipe](http://freecookbookclub.com/old-fashioned-salmon-pasta-salad-recipe)



### Pasta Salad with Sausage and Pickles Recipe

This tasty pasta salad is also great as a garnish for grilled dishes.

[freecookbookclub.com/pasta-salad-with-sausage-and-pickles-recipe](http://freecookbookclub.com/pasta-salad-with-sausage-and-pickles-recipe)

## Enchanced Recipes - Pasta Salads



### Bacon Avocado Pasta Salad Recipe

Crispy lardon and creamy avocado come together for a perfect summer pasta salad.

[mexicanandtexmexrecipes.com/bacon-avocado-pasta-salad-recipe](http://mexicanandtexmexrecipes.com/bacon-avocado-pasta-salad-recipe)



### Cold Farfalle Pasta Salad Recipe

Learn how to make a light and refreshing salad made with farfalle pasta. This delicious cold pasta salad is easy to prepare and great for warm days.

[freecookbookclub.com/cold-farfalle-pasta-salad-recipe](http://freecookbookclub.com/cold-farfalle-pasta-salad-recipe)



### Grilled Chicken Caesar Farfalle Pasta Salad Recipe

You love Grilled Chicken Caesar Salad at your favorite restaurant. Adding Farfalle Pasta turns it into a delicious side dish or a welcome addition to any party or potluck.

[freecookbookclub.com/grilled-chicken-caesar-farfalle-pasta-salad-recipe](http://freecookbookclub.com/grilled-chicken-caesar-farfalle-pasta-salad-recipe)



### Supreme Pasta Salad with Strawberries Romanoff

These two beautiful and elegant looking, but easy to make, recipes will make any Summer table look amazing.

[freecookbookclub.com/supreme-pasta-salad-recipe](http://freecookbookclub.com/supreme-pasta-salad-recipe)

## Enchanced Recipes - Pasta Salads



### Coleslaw Pasta Salad Recipe

The idea of combining Coleslaw and Pasta Salad is as delicious as it is brilliant. Make this creamy Coleslaw Pasta Salad for your next party. for all your Summer outdoor parties.

[appetizersandpartyrecipes.com/coleslaw-pasta-salad-recipe](http://appetizersandpartyrecipes.com/coleslaw-pasta-salad-recipe)



### Bacon Ranch Pasta Salad Recipe

This easy-to-make Bacon Ranch Pasta Salad will please everyone — with plenty of crisp bacon, black olives, chopped fresh tomatoes and shredded sharp Cheddar cheese.

[freecookbookclub.com/bacon-ranch-pasta-salad-recipe](http://freecookbookclub.com/bacon-ranch-pasta-salad-recipe)

# Kitchen Measurement Conversion Charts



## LIQUID

1 tsp = 5 ml

1 tbsp = 15 ml

1 ml = 0.035 fl oz

1 litres = 1.76 Pints

1 Pints = 568 ml

1 litres = 1000 ml



**cup**

**FLUID  
OUNCE**

**fl. oz**



**tbsp**



**tsp**

**MILLI  
LITER**

**ml**

1	8	16	48	240
3/4	6	12	36	180
2/3	5	11	32	160
1/2	4	8	24	120
1/3	3	5	16	80
1/4	2	4	12	60
1/8	1	2	6	30
1/16	0.5	1	3	15



## MASS

1 oz = 28.35 g

1 kg = 35 oz

1 kg = 2.2 lb

1 g = 0.035 oz

1 kg = 1000 g

**OUNCE**

**oz**

**POUND**

**lb**



**stick**

**GRAM**

**g**

1	1/8	1/4	28
4	1/4	1	113
8	1/2	2	227
12	3/4	3	340
16	1	4	454
24	1 1/2	6	680
32	2	8	907
48	3	12	1361

This chart is courtesy of <https://chopsticksforknspoon.wordpress.com/> - Click [HERE](#) to view the License.

# Kitchen Measurement Conversion Charts



## TEMPERATURE

$^{\circ}\text{C} \times 1.8 + 32 = ^{\circ}\text{F}$   
 $^{\circ}\text{F} - 32 \div 1.8 = ^{\circ}\text{C}$

DEGREES FARENHEIT °F	DEGREES CELSIUS °C	
250	120	VERY SLOW
275	140	
300	150	SLOW
325	170	
350	180	MODERATE
375	190	
400	200	MOD. HOT
425	220	
450	230	HOT
475	240	VERY HOT



## LENGTH

1 feet (ft)	=	12 inches (in)
3 feet (ft)	=	1 yard (yd)
1 yard (yd)	=	36 inches (in)

1 feet (ft)	=	305 millimetres (mm)
1 yard (yd)	=	914 centimetres (cm)

1 metre (m)	=	100 centimetres (cm)
1 centimetres	=	10 millimetres (mm)

INCH in	MILLI METRE mm
1	25
3/4	19
2/3	17
1/2	13
1/3	8
1/4	6
1/8	3

This chart is courtesy of <https://chopsticksforknspoon.wordpress.com/> - Click [HERE](#) to view the License.





## We Want YOUR Best Pasta Salad Recipes

In this Free Cookbook, we have shared some of our favorite Pasta Salad Recipes. We are working on more recipes for a Pasta Salads 2 cookbook (including the two pictured on this page -- But, we would really LOVE include **Reader Recipes from all around the country -- and World.**

Naturally, we need **YOUR** help to do that.

Please send us your best Pasta Salad Recipe - a family-favorite, a regional variation or just a killer recipe you want to share with us and all our readers.

Click the link below to send it to us. Thank you and we look forward to enjoying your recipe.

[Click This Link to Share Your Favorite Pasta Salad Recipe  
freecookbookclub.com/share-your-recipes](http://freecookbookclub.com/share-your-recipes)



# Index

Click on any recipe or page below to go there immediately.

Title	Page Number
As-You-Like-It Pasta Salad	47
Blackened Chicken Pasta Salad	8
Cheesy Baked Ziti	18
Cold Spaghetti Pasta Salad	10
Corn 'n' Peas Pasta Salad	12
Crab Salad with Pasta Shells	31
Curried Pasta Salad with Cucumber Raita	26
Emerald Chicken and Pasta Salad	28
Enhanced Cooking Techniques and Tricks	6
Exclusive Bonus Recipe - Penne Pasta with Lemon Infused Vegetables and Ricotta Salata	22
Exclusive Bonus Recipe - Spanish Lasagne	23
Exclusive Bonus Recipe - Spicy Chicken Fettuccine	21
Fettuccine with Oranges and Watercress	19
Florentine Pasta Salad	30
French Pasta Salad	15
Frogeye Salad	42
Kitchen Measurement Conversion Charts	52
Linguine and Turkey Sauté	20
Mary Pat's Macaroni Salad	13
Melon Pasta Salad	38
Minestrone Pasta Salad	25
Noodle Salad with Pineapple and Ham	25
Pasta Fruit Salad	41
Pasta, Peas and Shrimp Salad	27
Pasta Primavera	17
Pasta Verde Salad	32
Peking Pork Pasta Salad	43
Peruvian Chicken Pasta Salad	11
Pita-Filled Shrimp and Fruit Pasta Salad	44

Index is continued on next page.

# Index Continued

Click on any recipe or page below to go there immediately.

Title	Page Number
<a href="#">Rigatoni-Turkey Salad</a>	39
<a href="#">Salsa Pasta Salad</a>	45
<a href="#">Soba Noodle Salad</a>	46
<a href="#">Springtime Pasta Salad</a>	14
<a href="#">Tuna Pasta Salad</a>	29
<a href="#">Valley of the Sun Pasta Salad</a>	9
<a href="#">Vegetable All-Summer Salad</a>	46
<a href="#">Zealand Antipasto Mushroom Pasta Salad</a>	40



# Our Next Cookbook is Cookies Recipes 1

Notice the #1 at the end up above. That is because we have 12 More Cookie Cookbooks ready to go already and enough recipes left to make 25+ after those. We REALLY like cookies. And we know most of you do, too. So start your cookie cookbook collection by grabbing #1 today.

Get your copy - for FREE - at [FreeCookbookClub.com](http://FreeCookbookClub.com).



Over **50** Wonderful In-Book and Enhanced Cookie Recipes, including -

- Outrageous Double Chocolate-White Chocolate Chunk Cookies
- Pecan Pie Squares
- Almond Crescent Cookies
- Frosted Cinnamon-Mocha Cookies
- Biscoitos de Maizena
- Sour Cream-Milk Chocolate Chip Cookies
- Ausuki (Lithuanian Fried Christmas and Easter Cookies)
- Coconut-Almond Macaroons
- Melt Aways
- The Ultimate Chocolate Chip Cookie (Let us know if you agree)
- Drop Molasses Cookies
- **And MANY More!**

## From The Free Cookbook Club

[Click HERE](#) to download the Cookies Recipes 1 Cookbook

## Cookbook - Pasta Salads 1

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