

5. Dress the Salad

Use Tupperware's Power Chef or Quick Shake to make one of these dressings, then pour over the pasta salad and toss. Season with salt and pepper. Chill for up to 3 hours. *(May want to double the Dressing recipes for 1 pound of Pasta)*



Food Network Recipes

Vinaigrette:

Whisk 1/3 cup olive oil, 2 tablespoons white wine vinegar, 1 minced shallot, 1/2 teaspoon salt, and pepper to taste.

Creamy Herb:

Whisk 1/3 cup mayonnaise, 3 tablespoons sour cream, 1 1/2 tablespoons lemon juice, 1/2 cup chopped mixed herbs, and salt and pepper to taste.

Garlic Oil:

Cook 3 thinly sliced garlic cloves and a pinch of red pepper flakes in 1/3 cup olive oil over medium heat, stirring, 3 minutes; let cool. Season with salt and pepper.

Creamy Parmesan:

Mix 1/4 cup each mayonnaise and sour cream, 1 tablespoon lemon juice, 1/4 teaspoon finely grated garlic, 3/4 cup grated parmesan, and salt and pepper to taste.

Tupperware "When Mama Eats Well" Recipes...

(double the recipe for 1 pound of Pasta)

Creamy Honey Mustard:

1/2 cup nonfat Greek yogurt: plain or vanilla, 2 tsp Dijon mustard, 1 tsp. honey, 1/8 tsp. black pepper

Balsamic Vinaigrette:

1/2 tsp Dijon mustard, 2 Tbsp. water, 2 Tbsp. balsamic vinegar, 3 Tbsp. extra virgin olive oil, 1/4 tsp. table salt, 1/8 tsp. black pepper

Ideas from FoodNetwork and Tupperware!

Ask your Tupperware Connection for more!!

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