



Picnic Foods

BLT Pasta Salad

- ☞ Bacon, Lettuce and Tomato Pasta Salad - this salad can be made the traditional way eaten with a fork and plate or make it a finger food by using Jumbo pasta shells and stuffing them for a delicious handheld treat.

Hummus Veggie Wraps

- ☞ Hummus on a whole wheat tortilla or soft taco boat with bell peppers, carrots and cucumbers add a fresh crunch to a nice lunch that holds well on hot days.

Picnic Packing Tips

Space in the cooler is always a problem so multitask what you put in there.

- ☞ Freeze half bottles of water so you when you add more water it has its own built in ice cube. The frozen bottles also keep other items cold.
- ☞ Freeze fruits. Grapes are a great fruit to take on a picnic. Freeze them the night before and place them in baggies, you have "ice" in your cooler keeping other items cold and when they thaw out you have another refreshing treat.
- ☞ Juices can be frozen in containers, again acting as "ice" then thawed as a nice fresh, healthy beverage.

BLT Pasta Salad

1 lb of bow tie or spiral pasta*	2 large tomatoes, diced or grape tomatoes
1 cup zesty Italian salad dressing	10 leaves of romaine or spinach, chopped
½ cup creamy ranch dressing (optional)	1/3 cup red onion, diced
1 lb precooked bacon cut into small pieces	Salt and pepper to taste

Cook your pasta until al dente in salted water. Drain and rinse under cold water to cool it down. You can also cook the pasta the day before and toss it with a little olive oil so it does not stick together and refrigerate. In a large bowl add pasta, dressings and mix well to completely coat all the pasta. Add bacon, onion, tomato and lettuce (or spinach), mix well and season to taste. Chill until you are ready to pack and go.

German Cucumber Salad

2 large cucumbers	1 - 2 tbs white sugar
1 large yellow onion	Salt
1/2 cup white vinegar	Pepper

Slice cucumbers and onion very thin. Layer the onion and cucumber in a shallow bowl, sprinkle salt between each layer. Let stand 45 minutes, drain. Transfer to a serving bowl. Add vinegar, sugar, salt and pepper to taste. Stir in a few ice cubes and let stand 15 minutes, stirring occasionally.

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