

# Turkey Bow Tie Pasta Salad



## Ingredients

- 1 Pound bow tie pasta, uncooked
- ½ Red pepper
- ½ Green pepper
- ½ Yellow pepper
- 1 Cup grape tomatoes
- 1½ Cups broccoli flowerettes
- 2 Carrots
- 1 Cup sugar snap peas
- 1 Medium red onion
- 1 Cucumber
- 1 Can (2¼ ounces) sliced black olives, drained
- 2 Cups cooked turkey breast, cubed
- 2 Ounces Parmesan cheese

## Sweet Italian Dressing

- ½ Teaspoon granulated garlic (or coarse garlic powder)
- 1 Cup canola oil
- ½ Tablespoon kosher salt
- ½ Teaspoon pepper
- ½ Tablespoon granulated onion (or coarse onion powder)
- ½ Cup cider vinegar
- ½ Cup sugar
- ½ Teaspoon dried oregano leaves

1. Cook pasta following instructions on package; drain.
2. Cut peppers, tomatoes, broccoli, carrots, peas, onion and cucumber into bite-sized pieces.
3. Place pasta, vegetables and turkey into a bowl.
4. Prepare salad dressing: Combine ingredients and whisk together. (When stored in refrigerator in a sealed container, dressing is good for 1 week.)
5. Pour dressing over salad and mix well; sprinkle Parmesan cheese on top, if desired.

(Note: This recipe works well with a variety of vegetables; substitute as desired to suit your preferences.)

*Approximate Nutrition Information Per Serving: Calories 530; Total Fat 28g; Sat. Fat 3.5g; Trans Fat 0g; Cholesterol 85mg; Sodium 480mg; Total Carbohydrate 49g; Protein 22g*

**Recipe courtesy of Candace Freeman, Melrose, MN**



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**Servings:**  
**10**

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# Fiesta Turkey Salad with Cilantro Ranch Dressing

Servings: 6

## Ingredients

- 1 Pound fresh turkey breast or turkey tenderloin

### *Garlic-Lime Marinade Ingredients*

- ½ Cup chicken broth
- ⅓ Cup lime juice, fresh
- 2 Tablespoons olive oil
- 1 Tablespoon brown sugar
- 3 Cloves garlic, minced
- ¼ Teaspoon cayenne pepper, ground

### *Salad Ingredients*

- 1 Head romaine lettuce, torn into bite-sized pieces
- 1 Cup canned black beans, drained
- 1 Avocado, sliced
- 1 Large tomato
- 1 Medium red onion, sliced
- 1 Red pepper, sliced
- 1 Cup frozen corn, thawed
- 6 Ounces tri-color tortilla strips

### *Cilantro Ranch Dressing Ingredients*

- ¾ Cup light mayonnaise
- ½ Cup buttermilk
- 2 Tablespoons cilantro, chopped
- 2 Green onions, finely chopped
- 1 Clove garlic, minced
- 1 Jalapeno pepper, finely chopped
- ½ Teaspoon pepper
- ½ Teaspoon kosher salt
- 1 Tablespoon lime juice, fresh
- ¼ Cup cucumber, finely chopped

### *Marinating the Turkey with Garlic-Lime Marinade*

1. Whisk marinade ingredients together in a bowl. Set aside 1/8 cup marinade and refrigerate in a sealed container (use this to baste the meat while grilling).
2. Place turkey in a glass baking dish; pour marinade over turkey and cover dish. Place dish in refrigerator overnight (or 6-12 hours), turning meat over once.

### *Grilling the Turkey*

1. Cook turkey on grill until meat reaches and internal temperature of 170 degrees F (use a food thermometer to determine doneness).
2. While cooking, occasionally brush turkey with reserved marinade, as desired (do not apply marinade during the last 5 minutes of cooking).
3. Before serving, cut turkey into strips.

### *Preparing the Salad*

1. In large bowl combine lettuce, black beans, avocado, tomato, onion, pepper and corn.
2. Prepare salad dressing: combine ingredients and whisk together.
3. Pour dressing over salad and mix well.
4. Top with turkey strips and tri-color tortilla strips.

(Option: Prepare individual bowls of salad ahead of time for your guests; just before serving, top with grilled turkey and tortilla strips.)

*Approximate Nutrition Information Per Serving: Calories 540; Total Fat 31g; Sat. Fat 5g; Trans Fat 0g; Cholesterol 55mg; Sodium 760mg; Total Carbohydrate 47g; Protein 26g*

Recipe courtesy of Candace Freeman, Melrose, MN



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