

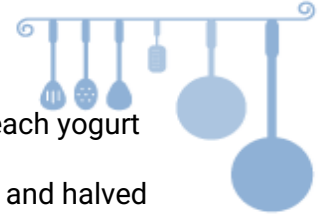


Kelly's Kitchen Corner April 2023

Pasta Fruit Salad - 4 Servings

½ pound corkscrew pasta
1 (8oz) can pineapple chunks, drained
with 2 T. juice reserved
1 c. cantaloupe or honeydew cubes
1 c. red or green seedless grapes, cut in half

¼ c. honey
1 (8oz) carton low-fat peach yogurt
¼ c. sour cream
1 c. strawberries, hulled and halved



Cook pasta according to package directions; drain and place in a large bowl. Add pineapple, melon, and grapes. Combine the reserved pineapple juice, honey, yogurt, and sour cream; toss with pasta mixture. Top with strawberries and serve.

Source: Mr. Food Test Kitchen

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Seven Layer Salad – 2 Generous Servings

2 c. chopped lettuce
2 T. chopped red onion
2 T. chopped green pepper
2 T. chopped celery
¼ c. frozen peas thawed, drained

1 T. plain nonfat yogurt
3 tsp. low-fat mayonnaise
1 ½ tsp. grated Parmesan cheese
1 T. chopped bacon
1 ½ t sugar



Place chopped lettuce in the bottom of a 1-quart bowl. Layer onion, celery, green pepper, and peas over the lettuce. In a small bowl, combine salad dressing, yogurt, and sugar. Spread on top of vegetables. Sprinkle with Parmesan cheese. Cover and refrigerate for several hours or overnight. Just before serving, sprinkle with chopped bacon.

Michigan State University Senior Wellness Newsletter written and edited by Sylvia Tretiman

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