

200 Salads

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Toss and Serve!

Crunchy, creamy, savory, or sweet, *200 Salads* has it all! From fruity, leafy, pasta, and picnic to hearty main course and dreamy desserts, these creative recipes offer tons of tasty ways to eat your fruits and veggies. Tropical Jewel, Fanciful Fruit, Bacon Broccoli, Chicken Fajita, Red Potato-Pasta, and Cookies and Cream are just a few of the simple and satisfying salads that will please your palate and have you asking for more.

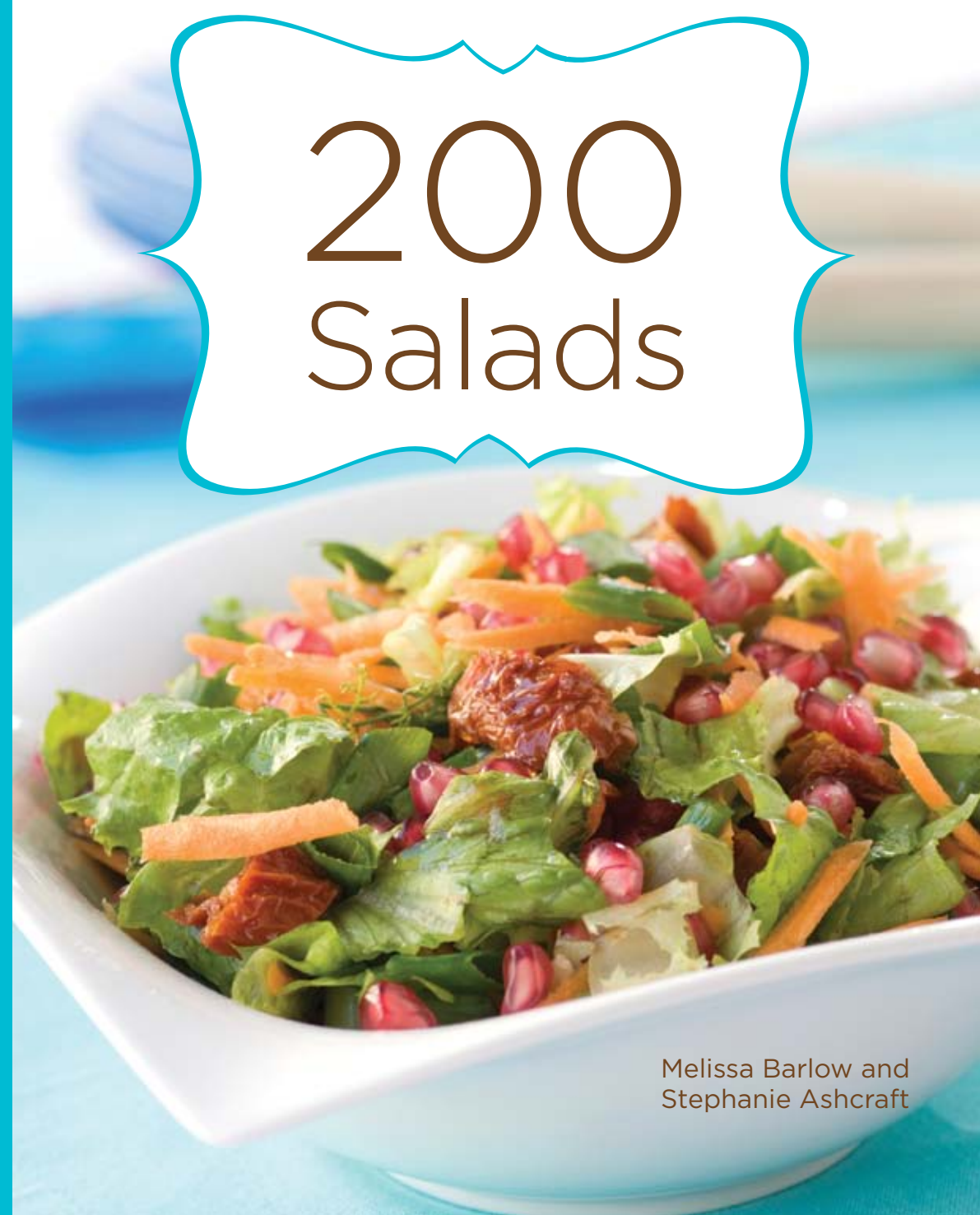
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Angie's Balsamic Chicken Pasta Salad

Makes 8–10 servings

- 1 pint grape tomatoes, halved**
- 3 tablespoons chopped cilantro**
- 1 cup sliced or coarsely chopped zucchini**
- 2–3 cups bite-size broccoli florets**
- 1 (4-ounce) can sliced black olives**
- ½ cup chopped onion**
- 1 (16-ounce) bottle balsamic vinaigrette dressing, divided**
- 3 boneless, skinless chicken breasts, cut into bite-size pieces**
- 12 ounces bow-tie pasta, cooked and cooled**
- 3 cups fresh spinach**
- 1 cup crumbled fresh feta cheese***

Place tomatoes, cilantro, zucchini, broccoli, olives, and onion in a large bowl. Pour about half the balsamic vinaigrette over top and stir. Marinate for 1 hour in the refrigerator.

Preheat oven to 350 degrees. Bake chicken pieces brushed with a little of the reserved balsamic vinaigrette, for 20–25 minutes, or until done.

Add the cooked chicken, pasta, spinach, and cheese to the vegetable mixture. Use remaining balsamic vinaigrette dressing to moisten pasta to desired consistency.

*Asiago or Parmesan cheese may be substituted.

Chunky Chicken Pasta Salad

Makes 8–10 servings

- 2 cups uncooked large shell pasta, cooked and cooled**
- 3 chicken breasts, cooked and cubed**
- 1 (8-ounce) can pineapple tidbits, drained**
- 1 cup chopped unpeeled Gala apples**
- 1 cup halved seedless red grapes**
- 1 cup diced celery**
- 2 tablespoons finely chopped onion**
- 1 cup cashews**
- ½ cup coleslaw dressing**
- ½ cup mayonnaise**
- Salt and pepper, to taste**

Combine cooked pasta, chicken, fruit, celery, onion, and cashews in a large bowl.

In a small bowl, mix dressing and mayonnaise. Stir into salad mixture. Add more dressing, if desired. Season with salt and pepper.

VARIATION: You can use 1 cup coleslaw dressing and eliminate the mayonnaise.