



# Recipes for a Picnic

## Vegetable Dip

Picnics aren't all about junk food and sweets. We also would like to add something healthy to the menu. Fresh vegetables and a dip are a perfect solution.

For your vegetables, use peeled and julienned carrots, broccoli and cauliflower pieces, celery cut into strips and cherry tomatoes. You can also add a side plate of cubed cheddar, Swiss and Monterey Jack cheeses.

A perfect, healthy, cool snack!

### Dip

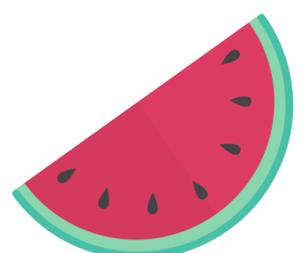
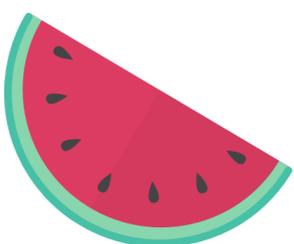
1 cup Mayonnaise

2 teaspoons Celery Seed

1- 8-ounce container Sour Cream

1 package powdered Garlic Salad Dressing Mix

Put all ingredients into a medium-sized bowl and blend well. Cover and refrigerate for 24 hours, to allow the flavors to meld. Serve with a platter of fresh veggies.





## Pasta Salad

The cooler the meal, the better, is usually my summer motto. Quite frankly, I also like the one that goes, “the simpler the better”. It’s too hot to cook, especially after having to spend most of the morning outside doing chores.

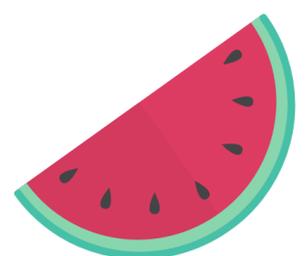
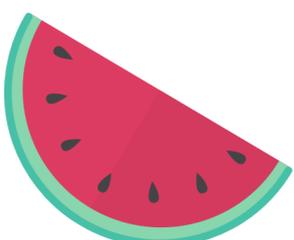
On days like that, my go-to meal is a pasta salad. It’s a meal that can be made quickly, and with the right ingredients, is fresh and healthy.

There is no real recipe for pasta salad. It is an ‘add as you go’ meal. But to give you a starting point, try these tips on making one custom fit to you and your family.

**Start with Pasta:** Almost any type of pasta will work for a salad. Just cook it according to the package directions. Drain. Rinse with cold water, and allow to drain again. At this point, you can make your salad, or store it in the refrigerator in a sealed container for later that evening. To keep it from sticking together, first toss it with some olive or vegetable oil.

Some pasta suggestions: bow tie, rotini, spiral, fettuccini, spaghetti, elbow, wheat and spinach.

Once you have your pasta base ready, the other ingredients is as limited as your tastes and imagination. Here are some great things to add:





## Pasta Salad (cont.)

### Black or Green Olives

Fresh Vegetables: squash, cucumber, tomatoes, bell pepper, onion, corn, broccoli, cauliflower, etc. Cut these into small bite-sized pieces. If you like carrots in your salad, cut them in Julienne pieces, or scrap cut thin strips.

Fruit: Strawberries, grapes, blueberries, blackberries, pear, apple, peach, raisins, Craisins. (Use in place of vegetables). Fresh Herbs: basil, mint, chives, thyme, oregano, nasturtium blossoms, rosemary, etc.

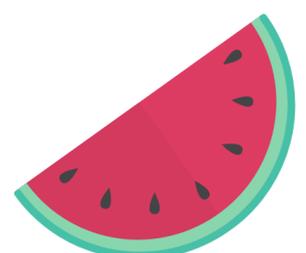
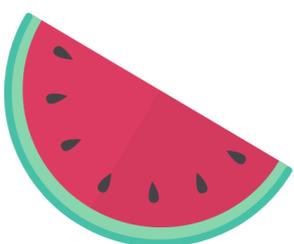
Dressing – your dressing can be as simple as a balsamic vinegar and olive oil mix, or a bottled dressing. Choose your favorite – from Bleu Cheese, Ranch, Italian, or even a Thousand Island. Better yet, make your own from scratch, using your favorite flavored vinegar and oil, and toss in some chopped herbs.

If you choose to go with a pasta / fruit salad, try a poppy seed dressing. It is most delicious!

The Finishing Touch – add a sprinkling of your favorite cheese. I love feta in my salads, but you can also use cheddar, Swiss, gruyere, parmesan or any other flavor. Your cheese can be grated or cut into small cubes.

Once everything is tossed together, add a few croutons on top. Then serve your salad with rolls, croissants, or any flavor cracker you like.

Doesn't that sound delicious? I bet you are already thinking of how many ways you can create a cool meal for this summer. And if you come up with a great combination be sure to share it with me. I am always looking for fresh new ways to make a pasta salad!





## Lemon Jell-O Cake

With full disclosure here, this recipe has been in my Mom's recipe box since probably the early 60's. There was no notification of where it originally came from, but I am assuming it originated with the Jell-O company. Regardless, who ever came up with this recipe, thank you! It has become one of my family favorites for years!

### Ingredients:

1 pkg Lemon Jell-O  
2/3 cup Apricot Nectar  
4 Eggs  
1/2 cup Vegetable Oil  
3 T. Lemon Extract  
1 Yellow Cake Mix

Mix the ingredients in order. Grease and flour a tube pan. Bake at 350 degrees for 45 minutes, or until a toothpick inserted in the center comes out clean.

### Icing:

Mix together 1-1/4 cup Powdered Sugar and 1/4 cup fresh-squeezed Lemon Juice.

Poke holes in the cake with a fork. Pour icing over cake while it is still hot.

