

DRESSINGS



Tortellini Salad



BAY VALLEY
F O O D S

Tortellini Salad

6 Servings

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION (Per serving)
Broccoli florets	1/2 cup (1 oz.)	Blanch broccoli, cauliflower, carrots, sugar snap peas, and red bell pepper; drain well. Cover and refrigerate until ready to use.	530 calories
Cauliflower florets	1/2 cup (2 oz.)		12 g protein
Carrots, sliced into coins	1/2 cup (2 oz.)	Cook tortellini according to package directions; drain well.	43 g carbohydrate
Sugar snap peas	6 oz.		3 g fiber
Red bell pepper, 1/2-inch dice	1/2 cup (1 oz.)	Place tortellini in large bowl. Add vegetables, dressing, and olives; toss gently.	35 g fat
Cheese tortellini	1 lb.		7 g saturated fat
Rod's® Deluxe Italian Dressing	2 cups (16 oz.)	Cover and refrigerate until well chilled.	30 mg cholesterol
Ripe olives, sliced	1/3 cup (1 oz.)		1040 mg sodium
Fresh basil, chopped	1/3 cup (1/2 oz.)	Sprinkle with basil to serve.	

CHEF'S TIP:
• Serve with freshly grated Parmesan cheese.



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P. O. BOX 19057
GREEN BAY, WI 54307-9057
PHONE: 920-497-8335
www.bayvalleyfoods.com