

Hey Maria!

with
CHEF
MARIA
RUPENA



Episode 5

Vegetable-Pasta Salad

2 tbsp	finely chopped red onion
6 tbsp	diced tomato
½ cup ea.	chopped broccoli & cauliflower
½ cup	shredded carrot
4 tbsp ea.	green & black olives
4 cups	pasta: cavatappi or rotelle, or your choice

Dressing:

2 cups	Mayonnaise
2tbsp	onion soup mix
2.5 tbsp	red wine vinegar
1 tsp	black pepper

Boil pasta until it is tender yet slightly firm. Drain well and place pasta into a large mixing bowl. Chop all vegetables and add to pasta.

In a separate bowl, add onion soup mix, red wine vinegar, and pepper into the mayonnaise and mix well. Add dressing mixture to the vegetables and pasta and toss.

Dijon-Turkey Wrap

4 slices	fresh deli turkey
2 tbsp	dijon mustard
½ cup	romaine or shredded lettuce
¼ cup	shredded cheddar cheese
¼ cup	fresh sprouts
¼ cup ea.	sliced cucumber and diced tomato
1	chipolte tortilla or any flavor you choose

Place all ingredients onto the tortilla and wrap!

About Rupena's Fine Foods

www.rupenas.com

414-475-2500

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