

Layered Trifle Salad

Ingredients

2 cups spring greens or herb salad mix	10 ounces frozen green peas, blanched and drained
2 cups arugula	3 to 4 hard boiled eggs, sliced
2 cups baby spinach	paprika - sprinkle on eggs for garnish (optional)
1 1/2 cups shredded Cheddar cheese	1 3/4 cups mayonnaise (add additional mayonnaise if desired)
8 ounces sliced water chestnuts	1 tablespoon sugar
1 small red onion thinly sliced	1/2 cup grated Parmesan cheese
2 cups grape tomatoes (may cut in half if desired)	4 to 6 slices bacon, cooked and crumbled
8 ounces fresh mushrooms, sliced	

Directions

1. Layer ingredients in **Trifle Bowl**. Begin by layering the greens first, either combining the greens or layering each type of green individually. Then layer the remaining ingredients: shredded cheese, water chestnuts, red onion, grape tomatoes, mushrooms, green peas, and hard boiled eggs in order listed or as you desire. Sprinkle hard boiled eggs with paprika.
2. In a small bowl, mix mayonnaise with sugar. Spread mixture evenly over the last layer of salad. Sprinkle freshly grated Parmesan cheese on top and cover with plastic wrap.
3. Refrigerate overnight or for as long as 24 hours. Immediately before serving, sprinkle with crumbled bacon.

Serves 6 as a main entrée; serves approximately 12 as a side dish.

Makes a nice presentation and can be made the day prior to serving.

Mississippi Cornbread Salad

presented by Lake Guntersville Bed & Breakfast

1 (8 1/2-ounce) package cornbread muffin mix	1/2 cup chopped green bell pepper
1 (1-ounce) envelope Ranch-style salad dressing mix	1/2 cup chopped green onions
1 (8-ounce) container sour cream	2 (16-ounce) cans pinto beans, drained
1 cup mayonnaise	2 cups (8-ounce) shredded Cheddar cheese
3 large tomatoes, chopped	10 bacon slices, cooked and crumbled
1/2 cup chopped red bell pepper	2 (15 1/4-ounce) cans whole kernel corn, drained

1. Prepare cornbread muffin mix according to package directions; cool. Stir together salad dressing mix, sour cream and mayonnaise until blended; set aside.
2. Combine tomatoes and next 3 ingredients, gently toss.
3. Crumble half the cornbread into **Trifle Bowl**. Top with half each of beans, tomato mixture, cheese, bacon, corn and dressing mixture; repeat layers. Cover and chill 3 hours.

Yields: 8 to 10 servings.

Your recipe for one (8-inch) square pan of cornbread may be substituted.

Mexican Cornbread Salad

1 pkg. Mexican Cornbread Mix	1 green bell pepper, chopped
1 can chopped green chilies	2 (15 1/4 oz.) cans whole kernel corn, drained
1 16 oz. bottle green goddess or ranch dressing	2 large tomatoes, chopped
2 (16 oz.) cans pinto beans, drained, I use the beans with jalapenos	1 (3 oz.) can real bacon bits
	1 (8 oz.) pkg. finely shredded cheddar cheese
	1 bunch green onions, sliced

1. Prepare corn bread mix according to package directions, adding green chilies.
2. Cool after baked.
3. Crumble one-half cornbread into **Trifle Bowl**. Layer the remaining ingredients in the following order: 1 can beans, 1 cup salad dressing, 1/2 chopped green bell pepper, 1 can corn, 1 chopped tomato, 1/2 can bacon bits, 1/2 pkg. shredded cheddar cheese, 1/2 sliced green onions.
4. Repeat layers in same order using remaining ingredients, beginning with crumbled cornbread.

Seven Layer Salad

Whether you can see the 7 layers or not, it tastes just as good.

This easy make ahead layered salad is great to serve at a buffet or pot luck and makes a delicious summer salad entree.

2 cups mayonnaise or Miracle Whip	4 hard-cooked eggs, chopped
1 tablespoon sugar	10 ounces frozen green peas, uncooked
1 head of lettuce, shredded	1 small sweet onion, diced
1 cup celery, diced	8 slices cooked bacon, crumbled
1/2 cup sweet red pepper, diced	1/2 pound cheddar cheese, grated

1. Combine the mayonnaise and sugar. Mix and refrigerate it until you finish making the salad.
2. Layer the rest of the ingredients in the following order: a layer of lettuce on the bottom of **Trifle Bowl**, then a layer of celery, a layer of sweet pepper, a layer of chopped eggs, a layer of peas, a layer of onions, a layer of crumbled bacon
3. Spread the mayonnaise/sugar mixture over the top of the salad like cake icing. Sprinkle grated cheese evenly over it all. Seal the bowl with plastic wrap and refrigerate overnight (or for 8 to 12 hours before serving).

Serves 8

Layered Rice Salad With Red And Green Salsas

Rice	Green salsa
5 1/2 cups water	9 tomatillos,* husked, coarsely chopped
1 tablespoon plus 1 teaspoon olive oil	1 1/2 cups chopped green bell peppers
1 1/2 teaspoons salt	
2 cups long-grain white rice	

3/4 cup chopped green onions (dark green parts only)

1/2 cup chopped fresh basil
2 tablespoons olive oil

Beans

2 15-ounce cans black beans, drained, rinsed
2 teaspoons ground coriander

1 teaspoon onion salt

Red salsa

1 cup purchased medium-hot red salsa
2 cups chopped red bell peppers
1/2 cup chopped red onion
1/3 cup chopped fresh parsley
1 tablespoon olive oil

1 cup sour cream
3 tablespoons thinly sliced fresh basil
*A green tomato-like vegetable with a paper-thin husk. Available at Latin American markets and some supermarkets.

For rice:

Combine water, olive oil and salt in large saucepan. Bring to boil. Add rice. Return to boil. Reduce heat to low. Cover saucepan and cook until liquid is absorbed and rice is tender, about 20 minutes. Fluff rice with fork. Transfer to baking sheet and cool completely. Season to taste with salt and pepper.

For green salsa:

Combine all ingredients in large bowl. Toss to blend. Season to taste with salt and pepper.

For beans:

Mix beans, coriander and onion salt in medium bowl.

For red salsa:

Mix purchased salsa, bell peppers, onion, parsley and oil in another large bowl. Season to taste with salt and pepper.

Spoon 2 cups rice into **Trifle Bowl**. Spoon green salsa evenly over rice. Spoon another 2 cups rice evenly over salsa. Spread sour cream over rice. Spoon all but 1/4 cup beans over sour cream. Spread remaining rice over beans. Spread red salsa over rice. Sprinkle remaining 1/4 cup beans over salad. Cover and refrigerate at least 1 hour or up to 8 hours. Sprinkle with basil.

Serves 12.

Layered Southwest Salad

Yield: Makes 6 servings

Ingredients:

Creamy Ranch-Style Dressing
1 jicama (3/4 pound), peeled and cut into 8 wedges
1 can (15 ounces) black beans, rinsed and drained

2/3 cup salsa
1/2 cup diced red onion
10 ounces spinach, washed, stemmed and chopped

1 package (10 ounces) frozen corn, cooked,
drained and cooled
4 large hard-cooked eggs, peeled and sliced

1-1/2 cups (6 ounces) shredded Cheddar
cheese
Fresh oregano for garnish

Preparation:

Prepare Creamy Ranch-Style Dressing. Cut jicama wedges crosswise into 1/8-inch-thick slices. Combine beans, salsa and onion in medium bowl. Layer half of spinach, jicama, bean mixture, corn, eggs and Creamy Ranch-Style Dressing in **Trifle Bowl**. Repeat first 5 layers beginning with spinach and ending with eggs; sprinkle with cheese. Drizzle with remaining dressing. Cover and refrigerate 1 to 2 hours before serving. Garnish, if desired

Layered Cobb Salad

For dressing

3 tablespoons red-wine vinegar
1 tablespoon fresh lemon juice
2 teaspoons Dijon mustard
1 small garlic clove, minced

1/2 teaspoon salt
1/2 teaspoon sugar
1/4 teaspoon black pepper
1/2 cup extra-virgin olive oil

For salad

3 skinless boneless chicken breast halves (1
1/4 lb)
2 California avocados
1 head romaine, cut crosswise into 1/2-inch-
wide slices (8 cups)
6 bacon slices, cooked until crisp, drained, and
finely chopped
3 medium tomatoes (3/4 lb), seeded and cut
into 1/2-inch pieces

2 to 3 oz Roquefort, crumbled (1/2 to 3/4
cup)
2 bunches watercress, coarse stems
discarded
2 hard-boiled large eggs, halved and forced
through a coarse sieve
1/4 cup finely chopped fresh chives

Make dressing:

Whisk together all dressing ingredients except oil in a bowl, then add oil in a slow stream, whisking until emulsified.

Make salad:

Bring 5 cups water to a simmer in a 2-quart saucepan, then simmer chicken, uncovered, 6 minutes. Remove pan from heat and cover, then let stand until chicken is cooked through, about 15 minutes. Transfer chicken to a cutting board and cool completely. Cut into 1/2-inch cubes.

Halve, pit, and peel avocados, then cut into 1/2-inch cubes.

Spread romaine over bottom of **Trifle Bowl** and top with an even layer of chicken. Sprinkle bacon over chicken, then continue layering with tomatoes, cheese (to taste), avocados, watercress, eggs, and chives.

Just before serving, pour dressing over salad and toss.

Layered Spinach Salad

Ingredients

Salad:

6 ounces fresh baby spinach	Salt and pepper, to taste
2 teaspoons sugar, divided	10 ounces frozen peas, thawed
6 hard boiled eggs, sliced	1 red bell pepper, sliced thin
1/2 pound deli-style roast turkey, sliced in strips	1 small onion, sliced thin
2 cups chopped romaine lettuce	2 cups cubed Swiss cheese

Dressing:

1 ounce dry ranch-style dressing mix	1 cup mayonnaise or nonfat yogurt
1/2 cup sour cream	

Instructions:

1. Rinse and dry spinach leaves. Place in the bottom of **Trifle Bowl**. Sprinkle with 1 teaspoon sugar. Add a layer of eggs, turkey and lettuce. Sprinkle with remaining teaspoon of sugar, salt and pepper. Add a layer of peas, bell pepper, onion and Swiss cheese.
2. In a small bowl, mix together dressing mix, sour cream and mayonnaise. Spread dressing over salad. Garnish with cheese cubes and sliced red onion if desired. Cover and refrigerate overnight. Toss just before serving. Serves 6.

Cucumber Layered Salad

Simply layer the vegetables, mix the dressing, pour over vegetables and refrigerate overnight.

Ingredients

1 can(19oz/540 ml) chick peas, drained	1/2 cup each: mayonnaise and sour cream
1 1/2 cups chopped Cucumber	1 clove garlic, minced
1 1/2 cups chopped tomato	1/4 cup chopped fresh cilantro
1 cup chopped Texas Sweet or Vidalia Onion	2tsp each: grated lemon rind and lemon juice
1 1/2 cups chopped Celery	1/4 tsp each: salt and pepper

Preparation

In **Trifle Bowl**, layer chickpeas, cucumber, tomato, onion and celery, set aside. In a small bowl, whisk together mayonnaise, sour cream, garlic, cilantro, lemon rind, juice, salt and pepper, pour over top of salad. Cover and refrigerate overnight.

Layered Southwestern Pasta Salad

Ingredients

8 ounces medium shells, elbow macaroni or other medium pasta shape, uncooked	1 11 ounce can whole kernel corn, drained
2 teaspoons vegetable oil	1 red bell pepper, cut into strips
1/2 teaspoon ground cumin	3/4 cup sliced green onions
salt to taste	1 2 1/4 ounce can sliced black olives, drained
1 15 ounce can black beans, rinsed and drained	3/4 cup non fat mayonnaise
	1/2 cup non fat sour cream

1/4 cup plus 2 tablespoons hot or mild salsa

2 tablespoons minced fresh cilantro

Prepare pasta according to package directions. Drain and rinse under cold water; drain again. Toss with oil and sprinkle with cumin. Salt to taste. Layer pasta, beans, corn, bell pepper, green onions and olives in **Trifle Bowl**. In a small bowl combine mayonnaise, sour cream and salsa; mix well. Spread mixture evenly over top of pasta, sealing to edge of bowl. Sprinkle with cilantro. Cover bowl tightly and chill overnight.

Serves 6.

Layered Party Slaw

Ingredients

4 cups finely chopped cabbage

$\frac{1}{2}$ teaspoon salt

1 $\frac{1}{2}$ cups cauliflower or broccoli, cut into bite-size pieces

$\frac{1}{2}$ teaspoon salt-free herb and spice blend seasoning

1 $\frac{1}{2}$ cups frozen peas, thawed

4 tablespoons bacon bits, real or imitation

1 $\frac{1}{2}$ cups sliced fresh mushrooms

Tomato wedges and sprigs of parsley for garnish, optional

$\frac{1}{2}$ cup sliced green onions

Dressing:

2/3 cup mayonnaise

1 teaspoon Dijon mustard

1/3 cup honey mustard dressing

1 $\frac{1}{2}$ teaspoons sugar

1 teaspoon vinegar

In large **Trifle Bowl**, layer cabbage, cauliflower, peas, mushrooms and onions. Sprinkle salt and herb seasoning evenly between layers.

In separate bowl, combine mayonnaise, salad dressing, vinegar, mustard and sugar. Spread dressing evenly over top of the vegetables. Cover and refrigerate overnight.

Before serving, sprinkle with bacon bits and garnish with tomatoes and parsley.

Santa Fe Layered Salad

Ingredients

1 - 10 oz. Bag Salad Greens --- Romaine or Iceberg or Mixed (about 6 cups)

1 Cup Corn kernels, thawed if frozen or roasted if fresh

2 Cups Halved cherry or grape tomatoes or chopped tomatoes

$\frac{1}{4}$ Cup Fresh Cilantro, chopped, or more to taste

1 Cup Yellow Bell Pepper, chopped

1-2 Cups Corn Chips or Crisp Tortilla Strips, broken in pieces

2 Cups Southwestern Cooked Chicken Strips

1 $\frac{1}{2}$ Cups Shredded Pepper Jack or Cheddar or Colby Cheese

1 - 14.5 oz. Can Black Beans or Pinto Beans, rinsed and drained

$\frac{1}{2}$ Cup Green Onions, sliced

2 Cups Mayonnaise blended in blender with 1 canned Chipotle Pepper, chopped, with a tsp. of Adobo Sauce (or more to taste) or the mayonnaise blended in the blender with $\frac{1}{4}$ Cup of your favorite Salsa, or you use 2 Cups of a thick Ranch dressing and blend with a little salsa for a southwest ranch topping.

*Garnish: Can also top dressing layer with additional cheese, sliced black olives, and sliced green onion, if you like.

Layer in order, starting from the top, in a clear, flat-bottom glass bowl, topping with the mayonnaise dressing. Cover and refrigerate until serving time. Before serving, you can garnish with additional cheese, cilantro, sliced green onions or peppers. Take to the table and toss together before serving.

Note: You can also add chopped avocado or chopped hot peppers as layers to this salad. You can omit the chicken for a delicious no-meat dinner.

Bayou Border Layered Salad

Ingredients

1 - 10oz. Bag Romaine or Iceberg lettuce	1 ½ Cups Halved Cherry tomatoes or chopped tomatoes
1 Cup Celery, sliced	
1 Cup Yellow Bell Pepper, chopped -or any color	1 Cup Ham, diced or cooked, smoked Andouille Sausage, sliced
½ Cup Sweet Onion, chopped or sliced green onion	

Mayonnaise Dressing:

1 ½ Cups Shredded Monterey or Colby Jack Cheese	1 ½ Cups of mayonnaise,
8-12 Slices Bacon, Cooked and Crumbled	½ Cup Sour Cream
	2 tablespoons of granulated sugar

Layer all ingredients in **Trifle Bowl** starting in order from the top, ending with the mayonnaise dressing. Cover and refrigerate until serving time. Again, garnish with extra cheese and your favorite chopped herb. Bring to the table and toss before serving.

Again, you can leave out the ham or Andouille or substitute chicken or shrimp. Do leave in the Cajun "Trinity" of celery, bell pepper, and onion for an authentic Bayou combination.

Marilyn's Super Bowl 7-layer dip

Ingredients

1 ½ c. sour cream	2 c. chopped tomatoes
1 Tbsp. dry taco seasoning mix	1 c. finely chopped red onion
1 can refried beans	2 c. shredded Monterey Jack cheese
1 ½ c. guacamole (prepared or homemade)	1 c. copped green onions
1 c. sliced black olives	

In a small bowl, combine sour cream and taco seasoning; set aside. In the bottom of **Trifle Bowl**, spread beans. Top with guacamole, then sour cream mixture. Spoon on olives, followed by tomatoes, onion, and cheese. Sprinkle scallions (green onions) on top. Refrigerate until ready to serve.

Layered Mediterranean Salad Recipe

For the cucumber layer:

3 cups plain yogurt
2 English cucumbers, seeded and chopped
1/2 teaspoon salt
2 large cloves garlic, minced and mashed to a paste with 1/2 teaspoon salt
Freshly ground black pepper
For the bean layer:
1/4 cup olive oil

2 cups finely chopped onion
1 tablespoon plus 1 teaspoon minced garlic
1 teaspoon dried oregano, crumbled
1 cup dry white wine
1/2 cup chicken broth, homemade or low-sodium
5 1/2 cups drained canned navy beans
Salt and freshly ground black pepper

For the tuna layer:
4 (6 1/2-ounce) cans tuna packed in oil, drained and flaked
1 1/3 cups finely chopped red onion
1 cup finely chopped pitted kalamata or other brine-cured black olives

2 cups minced fresh parsley leaves
1/4 cup red-wine vinegar, or to taste
2 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper

For the garnish:
4 plum tomatoes, diced
2 green bell peppers, diced
1 red onion, sliced thin

1/2 cup sliced pitted kalamata or other brine-cured black olives

Make the cucumber layer: Drain the yogurt in a coffee filter-lined sieve set over a bowl for 1 hour. Put the cucumber in another sieve, sprinkle it with the salt, and let it drain for 1 hour. Pat the cucumber dry between paper towels and transfer it to a bowl. Stir in the yogurt, garlic, and salt and pepper, to taste, and combine the mixture well. Set aside.

Make the bean layer: Heat the oil in a skillet over medium heat. Add the onion, garlic, oregano, and cook, stirring, until softened. Add the wine and simmer until reduced by 1/2.

In a food processor, puree the beans and the onion mixture with the broth and season with salt and pepper. Transfer the mixture to a bowl and chill.

Make the tuna layer: In a bowl toss together the tuna, onion, olives, parsley, vinegar and olive oil. Season with salt and pepper.

Assemble the salad: Spread the bean puree in the bottom of a trifle bowl, top with the tuna mixture, and spoon the cucumber mixture over the top. Chill covered, for at least 3 hours or overnight.

When ready to serve, sprinkle the top with the garnish and serve.

TRIFLE FRUIT SALAD

Ingredients

2 c. fresh pineapple chunks
2 c. strawberries, sliced

2 c. blueberries
2 c. seedless grapes

TOPPING:

1 1/4 c. milk
1/2 c. dairy sour cream

3 3/4 oz. pkg. instant banana cream pudding and
pie filling mix
8 oz. can crushed pineapple un-drained

In **Trifle Bowl** layer fruits. In medium bowl combine ilk and sour cream blend well. Add pudding mix. Beat until well blended about 2 minutes. Stir in pineapple. Spoon pudding mixture over fruit to within 1 inch of edge.

Cover refrigerate several hours to blend flavors. Garnish as desired. 12 servings.

Layered Fruit Salad Recipe

Ingredients

1/2 cup orange juice	1 cup red seedless grapes
1/4 cup lemon juice	2 medium bananas, sliced
1/4 cup packed brown sugar	2 medium oranges, peeled and sectioned
1/2 teaspoon orange zest	1 medium grapefruit, peeled and sectioned
1/2 teaspoon grated lemons, rind of	1 pint strawberries, sliced
1 cinnamon stick	2 kiwi fruits, peeled and sliced
2 cups pineapple chunks	

In a medium saucepan, combine the first six ingredients; bring to a boil.

Reduce heat; simmer, uncovered, for 5 minutes.

Remove from the heat; cool completely.

Layer fruit in a **Trifle Bowl**.

Remove cinnamon stick from the sauce; pour sauce over fruit.

Cover and chill for several hours.

Southern Living at HOME Layered Fruit Salad

Ingredients

seedless watermelon	raspberries
1 or 2 honeydew melons	blackberries
1 cantaloupe	strawberry halves
fresh peach slices	mint leaves

1. Cut 2 (1 1/2" thick) crosswise slices from center of a seedless watermelon. Place 1 slice on a cutting board. Using a paring knife, cut around the rind, and remove from slice, forming a watermelon disc. Repeat procedure with remaining slice.
2. Cut 1 or 2 honeydew melons and 1 cantaloupe in half lengthwise; peel and seed halves. Cut halves, crosswise, into 1/4" thick slices.
3. Place 1 watermelon disc on bottom of **Trifle Bowl**. Layer half of honeydew melon slices in a circular pattern, slightly overlapping, on top of disc. Repeat procedure with remaining watermelon disc and honeydew slices.
4. Layer cantaloupe slices in a circular pattern, slightly overlapping, on top of honeydew slices.

5. Garnish, if desired, with fresh peach slices, raspberries, blackberries, strawberry halves, and mint leaves.

Layered Citrus Gelatin Fruit Salad recipe

Ingredients

3 ounces cream cheese, at room temperature	6 canned pear halves
1 small box lime gelatin	1 small box orange gelatin
1 (8 ounce) can crushed pineapple, drained and juice reserved	1 small can mandarin orange slices, drained and juice reserved

Soften cream cheese. Dissolve lime gelatin in 1 cup boiling water. Mix reserved pineapple juice with enough water to make 1 cup liquid; stir into lime gelatin. Arrange pear halves in large mold. Pour 1/3 of the lime gelatin over pears; refrigerate until set.

Mix remaining lime gelatin with cream cheese; beat with rotary beater until smooth. Add pineapple; pour over firm gelatin.

Dissolve orange gelatin in 1 cup boiling water. Mix reserved orange juice with enough water to make 1 cup liquid; stir into orange gelatin. Chill until partially set; stir in orange slices. Pour over cream cheese layer; refrigerate until set.

Yields 12 servings.

Mr. Food Recipes-Stacked Pasta Salad

Makes 8-10 serving

1 pound tri-colored pasta twists	1 ½ teaspoons black pepper
1 container (16 ounces) sour cream	1 bunch (2 to 3 stalks) broccoli, cut into small florets and blanched (see Tip)
1 cup mayonnaise	1 large head cauliflower, cut into small florets and blanched (see Tip)
½ cup milk	1 large red bell pepper, diced
4 scallions, thinly sliced	
1 tablespoon dried tarragon	
2 teaspoons salt	

1. Cook the pasta according to the package directions; drain, rinse, and drain again. Let cool.
2. In a large bowl, combine the sour cream, mayonnaise, milk, scallions, tarragon, salt, and black pepper; mix well. Reserve 1 cup of the sour cream mixture and add the pasta to the remaining sour cream mixture; toss until well-coated.
3. In **Trifle Bowl**, layer half the pasta mixture, half the broccoli, half the cauliflower, and half the bell pepper. Repeat the layers once more and drizzle with the reserved sour cream mixture. Cover and chill for at least 2 hours before serving. Toss just before serving.

PREPARATION TIP: To blanch the broccoli and cauliflower florets, add each to boiling water for 1 minute then remove to a bowl of ice water to immediately stop them from cooking further; drain.

Layered Picnic Pasta Salad

Ingredients

12 oz. bow ties or other medium pasta shape	1 cup frozen green peas, thawed
½ cup vinaigrette salad dressing	3 plum tomatoes, sliced

1 cup fresh mushrooms, sliced
2 oz. proscuitto, thinly sliced

2 tbsp. fresh basil, chopped
3 tbsp. parmesan cheese, freshly grated

Cook pasta according to package directions, drain. Return to cooking pan and toss with 2 tablespoons vinaigrette dressing.

Transfer half of pasta to **Trifle Bowl**.

Layer peas, tomatoes, mushrooms, and proscuitto on pasta. Top with remaining pasta. Sprinkle with basil and pour remaining dressing evenly over salad.

Sprinkle with Parmesan cheese. Serve at once or cover and chill until ready to serve.

Toss right before serving to evenly coat dressing.

Layered Garden Pasta Salad

Ingredients

1 pkg. (7-8oz) macaroni shells
1/2 cup sliced green onions
1/4 cup Bacon Bits
1 cup Mayo
1/4 cup lemon juice
3 T. Parmesan Cheese
1 tsp. sugar

1/2 tsp. garlic powder
4 cups shredded lettuce
1 medium cucumber (sliced)
1 cup cauliflowerets
1 cup broccoli pieces
2 medium tomatoes (cut into wedges)

Cook macaroni as pkg. directs, drain and rinse with cold water. Stir together macaroni, onions, 2 Tbls. Bacon bits. Mix the mayo, lemon juice, cheese, sugar, garlic powder in a large bowl. Layer the lettuce, macaroni mixture, cucumber, cauliflower, broccoli, and tomato in **Trifle Bowl**.

Pour the dressing evenly over the top. Cover. Refrigerate at least 2 hours. Sprinkle with 2 T. Bacon bits just before serving!

Layered Southwestern Pasta Salad

Ingredients

8 oz. Medium Shells, Elbow Macaroni or other medium pasta shape, uncooked
2 tsp. vegetable oil
1/2 tsp. ground cumin
Salt to taste
1 15-oz. can black beans, rinsed and drained
1 11-oz. can whole kernel corn, drained

1 red bell pepper, seeds and ribs removed, cut into strips
3/4 cup sliced green onions
1 2 1/4 oz. can sliced black olives, drained
3/4 cup non-fat mayonnaise
1/2 cup non-fat sour cream
1/4 cup plus 2 tbsp. hot or mild salsa
2 tbsp. minced fresh cilantro

Prepare pasta according to package directions. Drain and rinse under cold water; drain again. Toss with oil and sprinkle with cumin. Salt to taste.

Layer pasta, beans, corn, bell pepper, green onions and olives in a 2 1/2- to 3-qt. straight-sided glass bowl. In a small bowl combine mayonnaise, sour cream and salsa; mix well. Spread mixture evenly over top of pasta, sealing to edge of bowl. Sprinkle with cilantro. Cover bowl tightly and chill overnight.

Southern Living at HOME Layered Potato Salad

Ingredients

4 pounds red potatoes, unpeeled	$\frac{1}{2}$ teaspoon pepper
1 (8-ounce) container fat-free sour cream	1 bunch green onions, chopped (about 1 cup)
$\frac{3}{4}$ cup light mayonnaise	$\frac{3}{4}$ cup chopped Italian parsley
2 tablespoons Creole mustard	3 reduced-fat, reduced-sodium bacon slices, cooked and crumbled
$\frac{1}{4}$ teaspoon salt	

Bring potatoes and water to cover to a boil in a large Dutch oven over medium-high heat. Boil 25 minutes or until tender. Drain and let cool.

Stir together sour cream and next 4 ingredients.

Layer one-third each of potatoes, sour cream mixture, green onions, and parsley in **Trifle Bowl**. Repeat layers twice, ending with parsley. Cover and chill 1 hour. Sprinkle with bacon just before serving.

LAYERED ZUCCHINI POTATO SALAD

Ingredient

1 1/3 cup Water	2 tbsp Margarine
2 tbsp Margarine	1/3 cup Chopped onion
1 tsp Salt	5 c Sliced zucchini
$\frac{1}{2}$ cup Sour cream or substitute	1 c Cherry tomatoes, halved
1 1/3 cup Potato flakes	$\frac{1}{2}$ tsp Dill
1 $\frac{1}{2}$ cup Fresh corn kernels, blanched or cooked	dash Garlic powder

In med saucepan, bring water, 2 T margarine and salt to rolling boil.

Remove from heat. Stir in sour cream and potato flakes until combined. Add corn; mix well and set aside. In large skillet, melt 2 T margarine; add zucchini and onion. Stir-fry 2-3 minutes until zucchini is crisp-tender.

Remove from heat; stir in tomatoes, dill weed and garlic powder. Spread half of potato mixture in bottom **Trifle Bowl**; spoon half of zucchini mixture over potato layer. Repeat with remaining potato and zucchini mixtures, ending with zucchini layer. Cover; refrigerate overnight, or several hours before serving.

Excellent Potato Salad

Ingredient

6 large potatoes, cooked, sliced into rounds about $\frac{1}{4}$ inch thick (can just wash, microwave, and slice with skin on)	2 onions, thinly sliced
A bag of frozen green beans (uncut)	1 large green pepper, in strips
1 or two cans of artichoke hearts or bottoms, sliced	1 large red bell pepper, in strips
	fresh parsley

DRESSING

1 Tbsp. dijon mustard	black pepper to taste
1 tsp. sugar	$\frac{1}{2}$ cup cider vinegar
2 cloves garlic, crushed	$\frac{2}{3}$ cup water

Juice of one lemon

1 tsp. salt

Layer potatoe slices on the bottom of **Trifle Bowl** and going up the sides.

Then layer on the beans, artichokes, onion, peppers and parsley.

Pour half of the dressing over. Repeat with rest of ingredients.

Pour on the rest of the dressing and chill. You can decorate the top with cherry tomatoes or lemon slices.

Sweet Potato Salad

Ingredient

6 sweet potatoes

3-4 large tomato

3 cup sweet corn, fresh

2 clove garlic, minced

12 oz light yogurt, plain

4 tsp dried dill weed

In a small dish, mix the yogurt, dill and garlic. Set aside. (Note: this is better if let to sit overnight in the refrigerator.)

Bake sweet potato and allow to cool. Remove skin and cut into chunks.

Grill sweet corn (or cook on the stove) and remove from the ear once cooled with a paring knife.

Chunk tomato into $\frac{1}{2}$ inch pieces.

Layer sweet potato, corn and tomato in **Trifle Bowl** and top with yogurt sauce for a cool, refreshing and sweet salad that can be enjoyed for lunch or dinner.