

# Dinner Tonight!

## Video Web Cast Cooking Demonstrations

Since the 1970s there has been an increase in how much of our food dollars are being spent on eating out. With that has come an increased intake of calories due to eating processed and fried foods and the larger portion sizes being served in restaurants. It is also very tempting when eating out to choose the less healthy foods on the menu.

So Texas A & M AgriLife County Extension Agents are using their expertise and knowledge to help you prepare healthy, cost-effective meals at home for your family. The recipes are quick, nutritious, and easy on your pocketbook. These wonderful recipes can be viewed through weekly video web casts. Every Monday, a new video is released featuring a member of the Dinner Tonight! team. All of the recipes, plus many helpful nutrition tips can be accessed on the Dinner Tonight! website.

Recently I had the privilege of being on the team whose cooking demonstrations were taped to be released on the web cast. My first dish was Summer Antipasto Salad. It is perfect for summer picnics, family reunions, and gathering with friends because not only is cool and tasty, but it also serves 25 people. If you don't need to serve that many people, you can cut the recipe in half.

You can view the demonstration at [healthyliving.tamu.edu/dinners](http://healthyliving.tamu.edu/dinners). If you would like to get an email each Monday with the latest recipe and video link, please contact my office and we will put you on our email list.

### **Summer Antipasto Salad**

#### **Ingredients:**

- 1 - 16 oz. package medium pasta shells
- 2 cups fresh broccoli florets
- 1/2 cup red onion, diced
- 1 large red pepper, cut into chunks
- 1 - 6 oz. can sliced, Spanish olives, drained
- 1/2 pound cubed part-skim mozzarella cheese
- 1/2 pound hard salami, cubed
- 1/2 pound deli ham, cubed
- 2 - 3 1/2 ounces packages sliced pepperoni, halved

#### **Dressing:**

- 3/4 cup olive oil
- 1/2 cup red wine vinegar
- 4 tablespoons lemon juice
- 2 teaspoon Italian seasoning

1 teaspoon coarsely ground pepper  
1/2 teaspoon salt

**Directions:**

1. Cook pasta according to directions, drain and rinse in cold water.
2. In a large bowl, combine broccoli, onion, red pepper, olives, cheese, salami, ham, and pepperoni. Stir pasta into this mixture.
3. In a small bowl, whisk together the oil, vinegar, lemon juice, Italian seasoning, pepper, and salt.
4. Pour over salad and toss to coat.
5. Refrigerate until ready to serve

**Prep time: 25 minutes, Cook time: 0 minutes, Serves: 25, Cost per Serving: Approximately \$1.20**

**Nutrition Facts:**

Serving Size 1 cup, Calories 216, Total Fat 12g, Cholesterol 23 mg, Sodium 527 mg, Total Carbohydrates 18 g, Protein 10 g.

You may contact the AgriLife Extension Office at 903-473-4580 or visit us at [rains.agrilife.org](http://rains.agrilife.org). We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.

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