

Pasta Salad with low fat 1000 Island Dressing



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This creamy and delicious tri-color Cold Pasta Salad low-fat 1000 Island Dressing is really great in taste and very filling. Here I used 1000 Island dressing, which is a salad dressing and condiment, used on sandwiches and salad. It is widely used in restaurant and diners in US. It has mayonnaise, olive oil, lemon juice, tomato ketchup and salt in it.

Source : [Wikipedia](#) – Origin of the name 1000 Island dressing comes from thousand island between the US and Canada in St. Lawrence river. In 1000 island area, fishing guide wife, made this condiment for her husband dinner. Often in this version, actress May Irwin requested the recipe after enjoying it, that how the dressing got popular.

This low fat 1000 island dressing with pasta is creamy and a treat to your taste buds. Also it is great to pack this dish for lunch box.



Ingredients – Pasta Salad with low fat 1000 Island Dressing

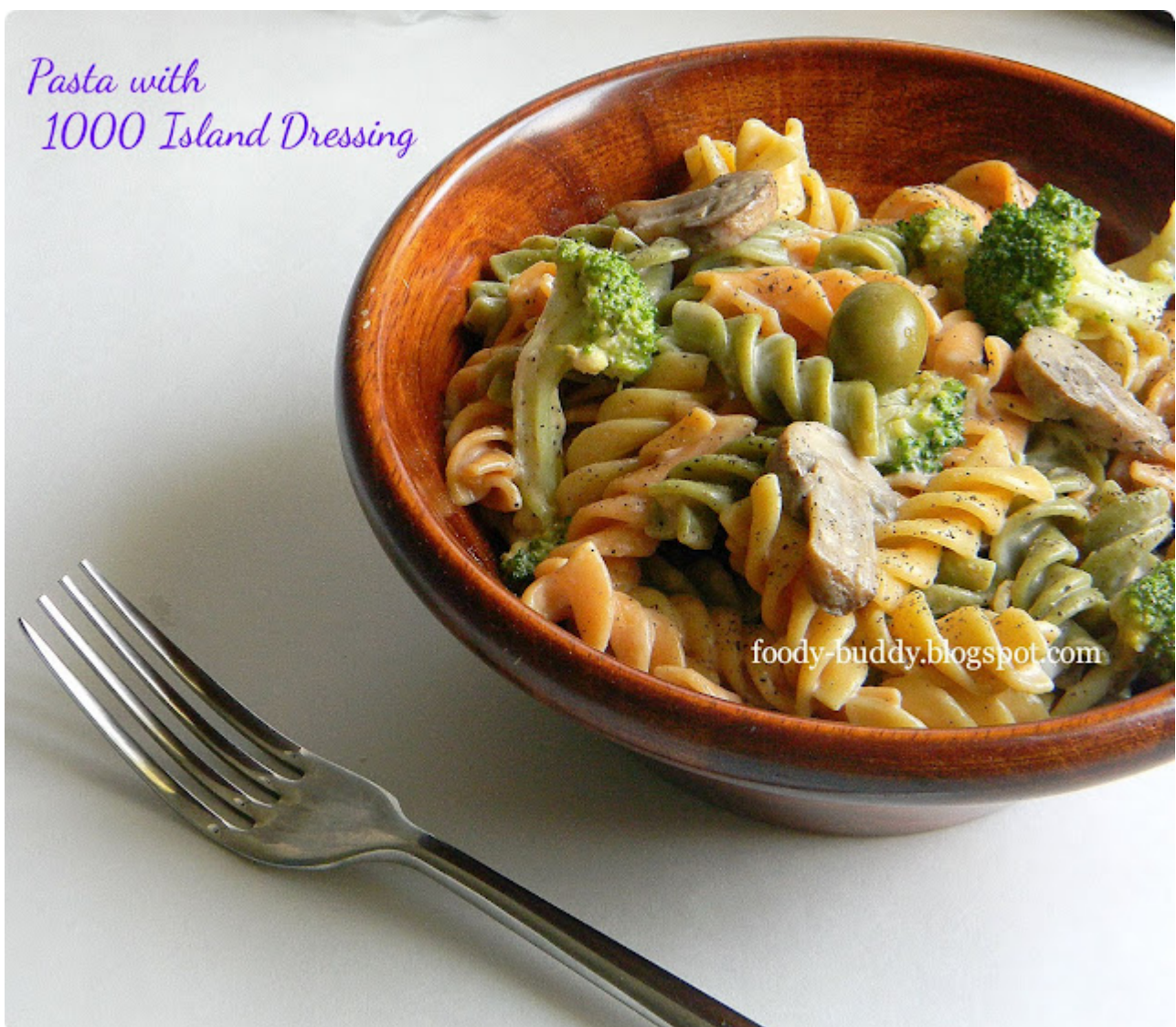
- 1/2 Cup of Tri-color Pasta
- 2-3 Cups of Water
- 1 Tsp of Oil
- Salt as Needed

For 1000 Island Dressing

- 7 Tbsp of Low Fat Mayonnaise / Vegennaise
- 2 Tbsp of Ketchup
- 2 Tbsp of Lemon Juice
- 1 Tbsp of Minced Onion
- Dash of Salt and Pepper
- 2 Tsp of Olive Oil

Other Ingredients

- 1/4 Cup of Broccoli Florets
- 5-6 Mushrooms
- 1 Tsp of Oil
- Green Olives to garnish



Method – Pasta Salad with low fat 1000 Island Dressing

- Bring 2-3 Cups of water to a rolling boil, add salt to taste.
- Add tri-color pasta to the water, add oil and stir gently.
- To get authentic pasta taste, boil uncovered for 10- 12 mins and stir occasionally. once it done, just drain the water and keep it aside.
- Heat oil in a pan, add mushroom and broccoli, saute this for 2 mins. Keep this aside.
- In a wide bowl, add all the ingredients listed under “1000 Island Dressing” give a quick stir. Now add pasta, broccoli and mushroom, toss well, make sure the pasta are well coated with dressings.
- Refrigerate it for 15 mins and serve cold with olive on top.



Tips

- You can follow the same recipe with any kind of pasta.
- You can use any vegetable like carrot, tomato and lettuce.
- If you get fresh parsley leaves, you can add it to the dressing.

Recipe Source : Epicurious
sending recipe to [thisgalscooks](https://www.thisgalscooks.com)

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*Pasta Salad With
1000 Island Dressing*

Oats Dosa / Instant Dosa Recipe / Indian Breakfast Recipe



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Oats dosa is one of my favorite breakfast dish, as it is so crispy, tasty and healthy. In this dosa preparation, roast the oats and sooji, mix all the ingredients in a bowl along with enough water and make a dosa. Here you don't need anything to soak, grind or ferment the rice and dal to make dosa. This instant dosa can be made in a jiffy. This post was in my draft for a long time and here it comes the crispy,

healthy oats recipe.

Ingredients

3/4 Cup of Oats
1/2 Cup of Rice Flour
1/4 Cup of Rava (Sooji)
1/4 Cup of Maida
1 Tsp of Whole Black Pepper
1 Tsp of Whole Cumin
1/3 Cup of Red Onion, Finely Chopped
2 Green Chillies, Finely Chopped
10 Curry Leaves
Salt to Taste
3 Cup of Water

Method

- In a medium flame, heat a pan and dry roast the sooji and oats separately, for 2-3 mins until color changes and nice aroma arises.
- In a mixie(Spice grinder), grind the oats to a fine powder.
- In a wide bowl, add sooji, oats powder, rice flour, maida, onion, pepper, cumin, green chillies, curry leaves, salt and water. Mix well with a spoon or fork and the batter should be too watery, not thick. Let the batter sit for 30 mins.
- Heat a griddle (Dosa pan), just sprinkle the batter with your hand, in a circular motion to the pan, drizzle some oil over the dosa or on sides. When it is cooked, flip carefully to the other side. Cook both the sides until it turns crisp. After it is cooked, remove from heat.
- Repeat the process for the rest of the batter.
- Serve this dosa with [tomato chutney](#) or any chutney of your choice.

Tips

- Here I used multigrain cereal which has 80% of oats and 20% of other grains.
- Always cook dosa in a medium flame.
- Adjust the number of green chilly according to your spicy level.
- You can also spread dosa batter with laddle, just pour the batter to the pan in a circular motion like you do for rava dosa.
- Consistency of batter should be watery as we do for rava dosa.
- You can also add 2 tbsp of curd to give a nice flavor to dosa.

Health Benefits of Oats

- Lowers cholesterol levels.
- Reduces the cardiovascular disease.
- Enhances immune responses to infection.
- Lowers type 2 diabetes.
- Controls the blood pressure.
- Increase appetite control hormones.



[Mooli Paratha / Mooli Ka Paratha / Radish Paratha](#)



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Mooli means radish and paratha means flat bread, an Indian flatbread stuffed with radish. It is very popular in northern part of India. I always use radish to make sambar, for a change I made this paratha and the taste was so good. The one thing I liked about stuffed paratha is that, it does not need any separate side dish . But making stuffed paratha without the filling oozing out is an art but I am stilling learning to master it. Serve this delicious, filling paratha with plain yogurt or pickle.

Ingredients

1 and 1/4 Cup of White Radish, Grated
2 Tsp of Coriander Powder
Pinch of Turmeric Powder
1 Tsp of Red Chilly Powder
1/4 Tsp of Cumin Powder
1/2 Tsp of Garam Masala
1/2 Tsp of Ginger , Grated
1/4 Tsp of Ajwain / Omam
2 Tsp of Oil

To Make a Dough

1.5 Cups of Wheat Flour/ Multigrains Flour
2 Tsp of Oil
Salt and water as needed



Method

- Peel the skin of radish and finely grate it . Add little salt to it and sit for 10 mins. Squeeze out all excess of water.
- In a wide bowl, add wheat flour, salt, oil and warm water. Mix well. Knead the dough like you do for chapathi. Keep aside for 15 mins.
- Take a pan with oil, add ajwain, after sizzles, add grated ginger and fry for a min.
- Add grated radish, fry for 1-2mins. To that add turmeric, coriander powder, red chilly powder, cumin powder and garam masala. Fry for 1-2 mins till all the water evaporates and it turns dry. Once it done, switch off the flame.
- Stuffing is ready. Keep this aside.
- Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough , dust the counter top with some flour and roll it into a circular shape, keep the stuffing inside, fold the paratha and roll it into square shape. Carefully place the paratha in a pan.
- Now cook the paratha in medium heat. When bubbles starts appearing, apply oil and flip it to the other side. Let the other side also get cooked.
- Serve it with onion raita or pickles or plain yogurt.

Tips

- If you find difficult to roll out the paratha, add little stuffing and then roll it. Otherwise still feel difficult, add the stuffing, directly to flour and then knead it with oil, salt and water.
- Don't add water while sauting the radish because it makes our rolling part difficult.
- Addition of ajwain is for easy digestion.

Health Benefits of Radish

- Naturally cooling food.
- Good for weight loss.
- Sooth sore throats.
- Aids in digestion.
- Prevents cancer – Induces apoptosis, which means kills the cancer cells.
- Good for heart and lungs health.
- Prevents viral infections and urinary tract infections.
- Eliminates toxins, they are good detoxifier.

