



Tortellini Caesar Salad



Ingredients: (serves 4)

- 1 (12 oz.) bag of frozen tortellini (flavor of your choice)
- 1 small head romaine lettuce, chopped
- 1/2 cup grape or cherry tomatoes (optional)
- 1/2 cup chopped cucumber (optional)
- 1/2 cup croutons*
- 3 tbsp. grated Parmesan cheese
- 1/2 cup Caesar dressing
- salt

Looking to change up your weeknight salad? Make it into a meal by adding tortellini pasta and your favorite veggies. Dress it lightly with your Caesar dressing and you've got dinner! This recipe comes to us from our friends at [Pasta Fits](#).

Instructions:

Adult: Bring a large pot of salted water to a boil.

Together: Cook the tortellini according to package directions. Drain and reserve.

Together: Once cooled, combine lettuce, cooked tortellini, and optional vegetables. If not eating right away, reserve.

Kid: Pour on dressing and sprinkle with cheese and croutons (to taste) and serve.

Food For Thought!



In Italian, the names of most pastas reflect what the pasta shape looks like. Spaghetti means “little strings,” penne means “pens” and fettuccine means “little slices.” Can you guess what tortellini means? Literally, it means “little pies” but in Italian, the shape is also sometimes called l’ombelico, which means belly button! What do you think tortellini looks like?

Cooking Tip of the Week

If you’re not serving your romaine the day you buy it, wash it, separate the leaves and store them between layers of paper towels in a container in the refrigerator. This will keep the romaine fresh and ready to use!

Conversation Starter

What is an everyday item that you think has a funny name?



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