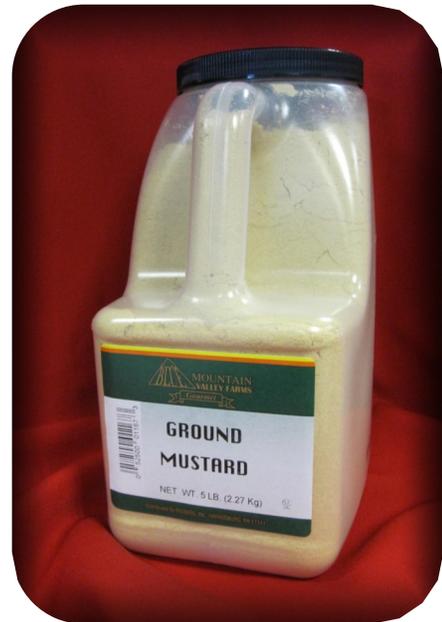


Ground Mustard

Mustard seeds or mustard powder can be used as a condiment in a variety of dishes. Mustard seeds can be used as is or can be roasted in a skillet. While dried mustard powder does not have a very strong quality, mixing it with water initiates an enzymatic process that enhances its pungency and heat. To moderate its sharp flavor, you can either add some very hot water or an acidic substance such as vinegar, either of which will stop the enzymatic process.

You can easily make your own mustard condiment by first softening the seeds in wine, vinegar or water. Grind them into a smooth paste, adding herbs and spices such as tarragon, turmeric, garlic, pepper, paprika or any others that you prefer to give your homemade mustard its own unique taste. www.whfoods.org



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681507

3/5#
6/16 oz.

Pasta Salad with Homemade Dressing

Ingredients:

1 (8 oz.) package uncooked tri-color rotini pasta
6 oz. pepperoni sausage, diced
6 oz. provolone cheese, cubed
1 red onion, thinly sliced
1 small cucumber, thinly sliced
3/4 cup chopped green bell pepper
3/4 cup chopped red bell pepper
1 (6 oz.) can pitted black olives
1/4 cup minced fresh parsley
1/4 cup grated Parmesan cheese

Directions:

Bring a large pot of lightly salted water to a boil. Add rotini pasta, and cook for 8 to 10 minutes, until al dente. Drain, and rinse with cold water. In a large bowl, mix the cooled pasta, pepperoni, provolone cheese, red onion, cucumber, green bell pepper, red bell pepper, olives, parsley, and Parmesan cheese. In a jar with a lid, mix the olive oil, vinegar, garlic, basil, oregano, ground mustard, salt, and pepper. Seal jar, and shake well. Pour the dressing mixture over the pasta salad, and toss to coat. Cover, and chill 8 hours in the refrigerator.

Dressing:

1/2 cup olive oil
1/4 cup red wine vinegar
2 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon ground mustard seed
1/4 teaspoon salt
1/8 teaspoon ground black pepper