

# Salad Dressings

One of those cruets with the vinegar, water & oil lines marked on it and a fresh selection of oils, vinegars, basic seasonings and more are all the ingredients you'll need to create fabulous fresh salad dressings in about 2 minutes time! REMEMBER - when you dress your salad, you want to just coat the ingredients with dressing -- you don't want your salad swimming in dressing! Taste and adjust seasonings to your taste before serving.

## ☞ *Lemon Vinaigrette*

- Freshly squeezed lemon juice (about 2 lemons) ..... = V (the vinegar)
- Good quality extra virgin olive oil ..... = O (the oil)
- **ADD:** pinch of sea salt, pinch of white pepper, ½ tsp honey
- **OPTION #1:** ADD 2 TBSPs pesto for tasty Lemon-Pesto version
- **OPTION #2:** ADD 2 TBSPS Dijon mustard for lively Lemon-Dijon version

## ☞ *Citrus Vinaigrette*

- Juice of ½ orange, ½ lime & 1 tsp lemon juice ..... = V (the vinegar)
- ½ tsp toasted sesame oil, 2 TBSPs walnut oil + canola oil = O (the oil)
- **ADD:** pinch of sea salt, pinch of white pepper, 1 tsp honey

## ☞ *Sesame-Soy Vinaigrette*

- Low salt soy sauce + 1 TBSP rice vinegar ..... = V (the vinegar)
- 1 TBSP toasted sesame oil + the rest -canola oil ..... = O (the oil)
- **ADD:** pinch of sea salt, 1 tsp 5-Spice Powder, 1 tsp OJ, 1 tsp toasted sesame seeds, ½ tsp honey & ½-1 tsp ginger paste (to taste)

## ☞ *Basic Red Wine Vinaigrette*

- Red wine vinegar (Trader Joe's) ..... = V (the vinegar)
- Good quality extra virgin olive oil ..... = O (the oil)
- **ADD:** pinch of sea salt, pinch of pepper, 1 tsp sugar (fine crystals)

## ☞ *Honey-Lime Vinaigrette*

- Freshly squeezed lime juice ..... = V (the vinegar)
- Canola oil ..... = O (the oil)
- **ADD:** pinch of sea salt, pinch of pepper, 3 TBSPs honey (liquefy in microwave for 40 seconds at 60% to make it easier to blend) **CHILI-LIME VERSION:** add 1 tsp chili powder, ½ tsp cumin, a few red pepper flakes, 1 TBSP finely chopped jalapeño pepper & cut honey to 1 TBSP

## ☞ *Apple Cider-Walnut Vinaigrette*

- 1/3 cup fresh apple cider and 1 TBSP apple cider vinegar
- 2 TBSPs walnut oil and 1/3 CUP canola oil
- ½ tsp honey and ½ tsp Dijon mustard
- ¼ tsp ginger powder and ¼ tsp cinnamon
- 1/8 tsp (pinch) sea salt and 1/8 tsp (pinch) white pepper

**WHISK** together briskly, drizzling the oils in last, set aside. Whisk again before serving.

☞ **SIMPLEST OF ALL:** Sprinkle on a bit of good quality Extra Virgin Olive Oil, vinegar or lemon juice, a bit of salt and pepper and maybe some chopped fresh herbs

**NOTE:**  
**HOLD DOWN THE CAP TIGHTLY AND SHAKE REALLY WELL TO EMULSIFY THE DRESSING ... Then always shake again before using!**

**NO CRUET?**  
• *vinegar* = 1/3 cup  
• *water* = 2 TBSPs  
• *oil* = ¾s cup, minus 1 TBSP  
➔ **WHISK** together thoroughly or **SHAKE** in mason jar! ←

# Salad Dressings

These 3 dressings work very well with Italian salads. One of those cruets with the vinegar, water & oil lines marked on it and a fresh selection of oils, vinegars, basic seasonings and more are all the ingredients you'll need to create fabulous fresh salad dressings in about 2 minutes time! Even without the cruet, it's incredibly simple to make your own dressings. Save money, put in only the freshest ingredients and tailor the dressing to your taste and the salad you're serving!

**TIPS:** TASTE AND ADJUST SEASONINGS BEFORE SERVING.  
HOLD DOWN THE CAP TIGHTLY & SHAKE REALLY WELL TO EMULSIFY...  
Then always shake before using!

## ☞ Honey-Balsamic Vinaigrette

- Good quality balsamic vinegar = V (the vinegar)
- Good quality extra virgin olive oil = O (the oil)
- ADD: pinch of sea salt, pinch of pepper + 1 tsp honey  
+ 2 tsps Dijon mustard

## ☞ Blood Orange Vinaigrette

- Juice of (about) 1 ½ blood oranges\* = V (the vinegar)
- 1 tsp walnut oil + canola oil = O (the oil)
- ADD: pinch of sea salt, pinch of white pepper, ½ tsp honey & ½ TBSP Dijon mustard

\* - If you can't get blood oranges, substitute Honeybells or Cara Cara oranges

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## ☞ Basic Balsamic Vinaigrette

1. WHISK TOGETHER:
  - 3 TBSP good quality balsamic vinegar
  - ½ tsp garlic paste
  - fine sea salt & finely ground white pepper, a ("pinch" of each)
  - about ½ tsp honey

2. DRIZZLE IN SLOWLY WHILE WHISKING:

- 1/3-cup good quality extra virgin olive oil

**NO CRUET?**

- vinegar = 1/3 cup
- water = 2 TBSPs
- oil = ¾s cup, minus 1 TBSP

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➔ WHISK together thoroughly or SHAKE in mason jar! ←

**Store dressings in cruet or airtight container - shake well before using**

# Green Goddess Dressing

**YIELD - Makes a little more than 1 ½ cups --- TIME 15 minutes**

*Green Goddess is a California classic. It makes a great dip for crudité's and an intense and freshly flavored for heartier lettuces like romaine hearts or arugula, but it's too thick and intense for delicate spring and baby lettuce mixes. Anchovies are optional, but they add great depth to the flavor. (Leave them out, though, if you have to watch your salt intake.)*

## INGREDIENTS

- 1 cup parsley leaves
- 1 cup packed watercress **OR** spinach leaves, stemmed
- 2 TBSPs tarragon leaves, rinsed
- 3 TBSPs minced chives (OR scallions)
- 1 garlic clove, roughly chopped
- 2 anchovy fillets, preferably salt-packed
- 3 TBSPs fresh lemon juice
- 1 TBSP plus 1 tsp Champagne vinegar or sherry vinegar
- ½ cup organic canola oil, sunflower oil or grapeseed oil
- ½ cup non-fat plain Greek yogurt - **OR** - homemade mayonnaise
- Pinch or 2 of Kosher salt
- Pinch or 2 of freshly ground pepper



## PREPARATION

In a blender (OR using an immersion blender with ingredients in a bowl), combine the parsley, watercress or spinach, tarragon, chives, garlic, anchovies, lemon juice, vinegar and canola or grapeseed oil. Blend until smooth, about two minutes. Add the yogurt **OR** mayonnaise, and blend again until smooth. Season to taste with salt and pepper.

### TO MAKE YOUR OWN MAYONNAISE:

1. **Beat** an egg yolk in a bowl. **Wrap** a damp dishtowel around the base of the bowl so that it will not move around on your work surface as you whisk.
2. Drop by drop, whisk in ¼ cup of canola or grapeseed oil. When the mixture looks **emulsified**<sup>°</sup> and stable, add another ¼ cup of oil (canola, grapeseed or olive oil) in a **slow stream**. Season to taste with salt and, if you wish, a drop or two of fresh lemon juice.

Advance preparation: This dressing will keep for a couple of days in the refrigerator but tastes best when freshly made.

<sup>°</sup> - **Emulsified means that it is thoroughly combined**

# ***Tsasiki Dip/Dressing***

*This famous Greek dipping sauce is great w/pita chips, fresh pita wedges and as a veggie dip, served with souvlaki & gyros sandwiches and as a dipping sauce for little meatballs.*

**AS A SALAD DRESSING:** Leave out the cuke, whisk in about 2 additional TBSPs extra virgin olive oil and the juice of ½ of 1 lemon for a delicious, creamy, low fat salad dressing.

## **INGREDIENTS**

- 2 CUPS NON-FAT PLAIN GREEK YOGURT ( OR ANY BRAND NON-FAT STRAINED\* YOGURT - STONYFIELD & DANNON & TRADER JOE'S ARE GOOD ALL- NATURAL BRANDS)
- ½ OF A MEDIUM SIZED CUCUMBER, SEEDS SOOPED OUT, PEELED, CHOP CUKE INTO VERY SMALL DICE
- 1 TSP SEA SALT
- 1 ½ TSPS OF FINELY CHOPPED FRESH DILL - OR- 1 TSP. DRIED DILL
- 1 TSP FINELY CHOPPED MINT (OPTIONAL)
- ABOUT 1 TBSP OF GOOD QUALITY EXTRA VIRGIN OLIVE OIL
- ABOUT 1 TBSP OF FRESHLY SQUEEZED LEMON JUICE
- ½ TSP (OR MORE IF YOU LIKE GARLIC!) GARLIC PASTE\*\*

## **PREPARATION**

1. COMBINE ALL INGREDIENTS (EXCEPT LEMON JUICE) AND MIX TOGETHER THOROUGHLY WITH A FORK OR SMALL WHISK...THEN WHISK LEMON JUICE IN A LITTLE AT A TIME.
2. TASTE AND ADJUST SEASONINGS IF YOU NEED TO...REFRIGERATE UNTIL READY TO SERVE.



## **NOTES:**

**\* TO STRAIN YOGURT** - FILL A STRAINER (LINE WITH CHEESECLOTH IF YOU LIKE) AND PLACE OVER BOWL TO STRAIN IN THE 'FRIDGE - COVER LOOSELY W/PLASTIC - OVERNIGHT WILL GIVE THE BEST RESULTS, BUT EVEN AN HOUR OR TWO WILL GIVE YOU NICE THICK YOGURT.. USE ABOUT 1 ½ TO 2 CUPS TO END UP WITH 1 CUP OF STRAINED ---USE MORE IF YOU'RE STRAINING OVER NIGHT, LESS IF ONLY FOR AN HOUR OR TWO...)

## **\*\* TO MAKE GARLIC PASTE:**

1. CUT THE VERY TOP OFF OF A GARLIC BULB (YOU'LL SEE THE INSIDE TOPS OF THE CLOVES)
2. WRAP TIGHTLY IN ALUMINUM FOIL - OR PLACE IN SMALL BAKING DISH COVERED W/FOIL.
3. BAKE FOR ABOUT 45 MINUTES AT **400°**- CHECK TO SEE IF IT FEELS SOFT - IF NOT, BAKE FOR ABOUT 5 MINUTES MORE...DEPENDING UPON YOUR OVEN, IT SHOULD NOT TAKE ANY MORE THAN 1 HOUR

## Middle Eastern Tahini Dressing

Tahini is ground sesame seeds; you may be familiar with it as an ingredient in hummus. People often notice a taste similar to peanut butter - but rest assured peanut allergy sufferers - it is only sesame seeds! Although tahini is high in fat (eight grams per TBSP), most of the fat is in the form of mono and poly **unsaturated** fats (a.k.a. heart **healthy**). Tahini also provides magnesium, phosphorus, iron, calcium, zinc, potassium, methionine, vitamin E, and B vitamins!

### INGREDIENTS



- 1/3 cup well-stirred tahini (Middle Eastern sesame paste)
- 1/3 cup water
- ¼ cup plus 1 TBSP fresh lemon juice
- 2 garlic cloves, chopped

- ¾ tsp salt
- ¼ tsp sugar (optional)



### PREPARATION

Blend all ingredients in a blender until smooth.

## Easy Zesty Yogurt Dressing

*It couldn't be simpler!*

### INGREDIENTS

- ¾s cup organic GREEK non-fat plain yogurt
- 2 TBSPS good quality Extra Virgin Olive Oil
- 2 tsps fresh lemon juice
- 2 TBSPS Dijon mustard
- Sea salt, pepper - to taste
- 1 tsp paprika

### PREPARATION

1. Whisk ingredients together thoroughly with a fork or small whisk

## ***Creamy Avocado Dressing***

*Avocados are a fat, but they are one of the most nutrient-dense foods available. Ounce for ounce, they are among the richest in fiber, folate, potassium, vitamin E, and magnesium among all fruits. This profile makes the avocado a true Superfood.*

### **INGREDIENTS – OPTION 1**

- 2 ripe avocados, flesh scooped out
- 1/3 cup Greek non-fat plain yogurt
- 1 TBSP extra virgin olive oil
- 1 TBSP fresh lime juice
- ½ tsp sea salt
- 1 tsp ground cumin
- 1 tsp ancho chili powder

### **INGREDIENTS – OPTION 2**

- 2 ripe avocados, flesh scooped out
- 1/3 cup Greek non-fat plain yogurt
- 1 TBSP extra virgin olive oil
- 1 TBSP fresh lemon juice
- ½ tsp sea salt, or to taste
- ½ tsp white (or black) pepper, or to taste
- 1 TBSP chopped fresh dill
- 1 TBSP chopped fresh chives

### **PREPARATION**

Mix together well with a fork or small whisk; add a bit more oil if it's too thick. Taste and adjust seasonings if necessary.

## ***SALSA VERDE***

*This classic Mexican green sauce makes a great salad dressing. Due to the tomatillos, salsa verde has a tangy, zesty flavor with underlying tastes of hearty roasted green chiles and onions.*

### **Ingredients:**

- ☆ 8-10 tomatillos, husks removed, quartered
- ☆ 5 cloves of garlic
- ☆ 1 medium white or yellow onion, skin removed, coarsely chopped
- ☆ 1 whole bunch cilantro (washed & dried first), loosely torn
- ☆ ½ jalapeno, roasted & ribs and seeds removed
- ☆ ½ tsp salt
- ☆ 1 tsp cumin
- ☆ 1 TBSP lime juice
- ☆ 1 tsp canola, sunflower or grapeseed oil
- ☆ OPTIONAL: 1 large green chili, (such as Poblano, Ancho, Anaheim or Hatch) roasted and skins removed

### **Preparation:**

1. Add onions, jalapeno and tomatillos into a food processor or blender and pulse 4-5 times. Add in remaining ingredients and pulse until desired consistency. TASTE and adjust seasoning and adjust if needed.

# ***Sicilian Style Salad w/Oranges & Roasted Red Peppers***

***(INSALATA di ARANCE)***

***Oranges are plentiful in Sicily, where they are frequently used in salads during the winter months when tomatoes are hard to come by. This is a very refreshing and healthy salad. Be sure to use fresh, juicy oranges! Add a handful of toasted pinenuts or walnuts for a tasty crunch. Serves 6-10***

## **INGREDIENTS**

- Romaine lettuce – 2 bags prepared or 4 hearts
- Arrugula, 1 bag
- Navel or blood oranges – 5 or 6, sectioned
- 3 med or 2 large sweet red peppers, roasted, peeled and cut into strips
- pitted Kalamata olives **(optional)**
- toasted pinenuts or walnuts **(optional)**
- 1 bunch scallions, finely chopped
- 1 recipe Balsamic OR blood orange vinaigrette
- Sea salt and finely ground pepper to taste

## **PREPARATION:**

1. Clean lettuce well and dry w/paper towels if you're not using prepared lettuce.
2. Section the oranges over a bowl or plate and set aside – DON'T lose the juice!
3. Roast red peppers over flame until blackened all around – put into paper bags or plastic container with a lid as soon as they're done. You can use your toaster oven – or broiler to roast the peppers if you don't have access to a flame...get the temp as high as you can...don't over cook...they should not be mushy – but still a little firm! Once peppers have cooled, scrape off the skins with a tsp and cut into strips.
4. Place lettuce on a platter, lay pepper strips and orange slices over the top, sprinkle with scallions. Drizzle with the Balsamic vinegar, then the olive oil & sprinkle with sea salt and a little freshly ground pepper. (or toss with pre-made Balsamic vinaigrette) Serve at room temp.

## **SPECIAL SKILLS DEMOS:**

<https://www.finecooking.com/article/how-to-cut-orange-segments>

<https://toriavey.com/how-to/roasted-bell-peppers/>

# ***Insalata Caprese***

*This fabulous combination of garden-ripe tomatoes, fresh mozzarella (in brine) and freshly picked basil is a long time Italian favorite. In this version we are using either cherry, grape or Baby Roma tomatoes with little balls of fresh mozzarella known as ciligene for an easy to throw together salad. Remember to find the freshest tasting tomatoes and fresh unblemished basil along with the fresh mozzarella. I also like this salad with a few toasted pine nuts tossed over it.*

## **INGREDIENTS**

- 2 pint containers Ciligene (mini fresh mozzarella balls)
- 2 pints cherry, grape or Baby Roma tomatoes
- about 10-12 med-large basil leaves and a few little sprigs for garnish
- about 2 TBSPs good quality extra virgin olive oil
- about 1 TBSP Balsamic vinegar
- sea salt & pepper, to taste

## **PREPARATION**

1. Wash and dry the tomatoes, cut in half “on the equator” (horizontally) and place into a deep platter.
2. Drain the mozzarella balls if they’re packed in liquid, and give them a very QUICK, very LIGHT rinse w/water. Dry on paper towels before adding to the tomatoes.
3. Clean and dry the basil, breaking off from 10-12 whole leaves as close to the same size as possible. Roll them up into a tight cylinder and then snip with scissors into chiffonade (thin strips).

Drizzle the tomatoes and cheese with the olive oil, splash on just a bit of the vinegar and gently toss ingredients. Gently season with salt and pepper and sprinkle basil throughout. Serve immediately.

# Peperonata



## INGREDIENTS

- (about) 3 TBSPs EVOO
  - 1 each sweet pepper - red, orange, yellow
  - 1 TBSP salted capers, rinsed
  - 3 anchovy fillets
  - 2 TBSPs red wine (or Balsamic) vinegar
  - 1 TBSP chopped basil
  - 1 TBSP chopped flat leaf parsley
  - about 3-4 cups baby arugula (optional)
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## PREPARATION

1. De-seed the peppers and cut them lengthwise into ½" strips.
2. Put the oil and pepper strips into a large, heavy based pan - sautéing at high heat -
3. Add the pressed garlic and anchovy, stirring until the anchovy "melts". Add vinegar, stir a few more minutes.
4. Sprinkle with basil and parsley and remove from heat. Cool, then serve as is - or - over arrugula

***NOTE: The cooking process here is somewhat like stir frying - you want it fast and hot...look for some color (caramelization) on the peppers...but you still want the peppers somewhat firm - NOT mushy!***

## ***COLE SLAW -1/2 recipes***

*Please don't settle for limp white cabbage swimming in watery mayonnaise with a few flecks of carrot! Here are some other refreshing, delicious possibilities. Enjoy them with burgers, fried chicken & seafood, spicy foods from around the world or simply as a salad with almost any meal!*

### **Asian Slaw**

1. **COMBINE:** ½ package broccoli slaw, 1 LARGE shredded carrot, 1 cup NAPA or Chinese cabbage (shredded), 6 snow pea pods (de-strung & slivered), ABOUT ¼ cup grated daikon radish, 2 TBSPs toasted sesame seeds, ½ cup toasted peanuts (optional), 2 stalks chopped scallions, 1 recipe **Sesame-Soy Vinaigrette**. **TOSS** together well and let sit for 15-20 minutes before serving. (Dress until slaw is moist; you may not need all of the dressing.)

### **Jicama Slaw**

1. **COMBINE** 2 cups grated jicama (use large hole on grater), 1 LARGE shredded carrot, 1 cup NAPA or basic cabbage (shredded), 3-4 stalks chopped scallions, 2 TBSPs finely chopped cilantro, and 1 recipe **Chili-Lime Vinaigrette**. **TOSS** together well and let sit for 15-20 minutes before serving. (Dress until slaw is moist; you may not need all of the dressing.)

### **Harvest Slaw**

1. **COMBINE** ½ package of rainbow slaw or broccoli slaw, 2 LARGE shredded carrots, 1 cup NAPA or regular cabbage (shredded), 1 large grated Granny Smith or other tart apple, 2 TBSPs toasted sunflower seeds, 3-4 stalks chopped scallions, ½ cup raisins and 1 recipe **Apple Cider Vinaigrette**. **TOSS** together well and let sit for 15-20 minutes before serving. (Dress until slaw is moist; you may not need all of the dressing.)

### **Dad's Lemony Cole Slaw**

1. **COMBINE:** 2 ½ cups shredded red cabbage, 1 LARGE grated carrot, 2 TBSPs chopped fresh dill, juice of 2 lemons, 1 TBSP extra virgin olive oil, ¼ tsp fine sea salt and ¼ tsp finely ground white pepper. **TOSS** together well and let sit for 10-15 minutes before serving.

# Thai Chopped Salad

*Feel free to use either all cauliflower or all broccoli if you'd prefer or use toasted sunflower seeds instead of peanuts. TRY to cut your veggies so that the pieces are all about the same size. IF you want to compose your salad, keep everything in separate mounds, compose it on your platter, sprinkle the chopped fresh herbs & peanuts over the top and carefully drizzle the dressing on the bottom and over the top of the salad.*

## 1. THROW THESE INGREDIENTS INTO A LARGE BOWL:

- 1 ½ cups shredded red cabbage (OR NAPA cabbage)
- ½ cup chopped carrots
- 6 pea pods, cut into 3rds
- 1 small-medium sweet red (yellow or orange) pepper, cut into 1" dice
- 1 cup cauliflower (or broccoli) florets (cut small)
- ¼ cup finely chopped (or snipped) scallions
- ¼ cup finely chopped cilantro
- ¼ cup finely chopped (Thai) basil
- 3 TBSPs finely chopped mint
- ½ cup dry roasted (unsalted) peanuts, crushed/broken up a bit **OR** toasted sunflower seeds

## 2. WHISK TOGETHER THESE INGREDIENTS IN A SMALL BOWL:

- 1 TBSP + 1 tsp pure sugar cane sugar
- 1 tsp fish sauce
- 2 TBSPs fresh lime juice
- 1 TBSP rice vinegar
- 1 tsp light soy sauce
- 1 tsp ginger paste
- 2 TBSPs sunflower, safflower, grapeseed or canola oil
- 2 tsps lemongrass paste (OR 1 tsp lemongrass powder)
- 2 tsps sweet chili sauce
- 1 TBSP toasted sesame seeds

## 3. TOSS SALAD W/DRESSING TO LIGHTLY COAT VEGGIES & SERVE ~~~

➔ **ALTERNATIVELY - You can serve with this peanut sauce as the dressing:**

### *Peanut Dressing*

#### INGREDIENTS

- ¼ cup peanut butter (variety of your choosing: I used a salted crunchy kind)
- ¼ cup very hot water (180 degrees)
- 1 TBSP soy sauce (or tamari)
- 1 TBSP rice vinegar
- 2 tsps agave nectar
- 1 tsp fresh lime juice
- pinch of salt
- pinch of fine white pepper

#### PREPARATION

1. In a small bowl, stir together the peanut butter and the hot water until smooth (or as smooth as possible if you use crunchy peanut butter.)
2. Add the soy sauce, vinegar, agave, lime juice, salt, and pinch of pepper and stir until thoroughly combined. Set aside at room temperature.

# ***Fall Harvest Salad***

*Sweet, tangy, crunchy and slightly bitter fall flavors come together perfectly in this delicious salad. Add grilled chicken OR pan-seared scallops to make it a meal. Serves 4-6*

## **INGREDIENTS**

### **FOR SALAD:**

- ♦ 3 cups greens – Spring (Mesclun) Mix
- ♦ 1 large shallot, sliced into **paper-thin rings**
- ♦ a full ½ cup dried sweetened cranberries (craisins)
- ♦ a full ½ cup chopped toasted walnuts
- ♦ 2 TBSPs pomegranate seeds (OPTIONAL)
- ♦ ¾s cup crumbled, good quality blue cheese -- **OR** – crumbled Chevre cheese
- ♦ 1 medium/large ripe pear, washed, dried and cut into thin slices - skin on
- ♦ 1 medium apple, washed, dried and cut into thin slices - skin on

### **FOR APPLE CIDER-WALNUT VINAIGRETTE:**

- ♦ 1/3 cup fresh apple cider (or pomegranate juice blend)
- ♦ 1 TBSP apple cider vinegar (OR pear vinegar)
- ♦ 2 TBSPs walnut oil
- ♦ 2 TBSPs canola oil
- ♦ 1 tsp honey
- ♦ ½ tsp Dijon mustard
- ♦ ¼ tsp ginger powder
- ♦ ¼ tsp cinnamon
- ♦ 1/8 tsp sea salt
- ♦ 1/8 tsp white pepper

## **PREPARATION**

1. Wash and dry greens thoroughly.
2. Whisk together (or shake in a cruet) vinaigrette ingredients - oils last - cover and set aside to let flavors develop.
3. A few minutes before serving, whisk or shake dressing well and toss in gently to **lightly coat** greens, craisins, walnuts and onions. Arrange apple & pear slices over the salad, sprinkle with the cheese and pomegranate seeds and drizzle a **very small amount of dressing** over these, leaving the dressing out in case your guests want more.

# ***Asian Pear-Grape Slaw-Salad***

*Here, tart and slightly sweet cider vinegar teams up with honey and Dijon mustard and ginger to form a sprightly vinaigrette. It perfectly complements the fruitiness of the green grapes and crisp Asian pear in this fresh take on coleslaw.*

## **INGREDIENTS**

### **Dressing**

- 2 ½ TBSP cider vinegar
- 2 tsp honey
- ½ tsp Dijon mustard
- 1/8 tsp sea salt
- ¼ tsp white pepper
- 2 ½ TBSPs grapeseed or non-GMO sunflower oil
- ½ tsp toasted sesame oil
- 1 tsp ginger paste

### **Salad**

- ½ small head Chinese OR Napa cabbage
- 1 large Asian pear, halved, cored and cut into thin strips
- 2 cups seedless green grapes, halved
- 1 TBSP toasted sesame seeds (optional)
- ¼ tsp sea salt
- ¼ tsp white pepper

## **PREPARATION**

- In a small **nonreactive** bowl, whisk together the dressing ingredients – EXCEPT for the oils. Slowly whisk in the oils until well blended to make a vinaigrette. Taste and adjust the seasonings with salt and pepper, if necessary.
- Cut the cabbage half lengthwise into 2 wedges, then cut away and discard the hard core from each wedge. Cut each wedge crosswise into thin shreds.
- In a large bowl, gently toss together the pear, cabbage, grapes, the ¼ tsp salt and ¼ tsp pepper. Whisk the vinaigrette to recombine, then drizzle it over the pear-cabbage-grape mixture and toss well. Taste and adjust the seasonings with salt and pepper. Transfer the salad to a shallow bowl and serve immediately. Serves 6.

***by nja***

# *Southwest Chopped Salad*

## INGREDIENTS

- half of a medium/large sized jicama, peeled and cut into 1" julienne, then diced
- 2 cups chopped cabbage or Napa cabbage
- 1 large red Bell pepper, cut into 1" squares
- 1 cup roasted corn
- 1 cup chickpeas (OR black beans)
- **OPTIONAL: 1&½ cups diced chicken breast or thigh, sautéed in bit of sunflower oil, 1 tsp of lime juice and 1 tsp chipotle (OR ancho) chili powder + ½ tsp salt**
- 1 cup diced cotija or other Mexican cheese (OR Manchego)
- ½ jalapeno pepper, **VERY FINELY** diced
- ½ cup chopped scallions
- ¼ cup finely chopped cilantro
- 1 recipe **Chili-Lime Vinaigrette**
- 2 limes, cut into wedges for garnish
- a few sprigs of cilantro for garnish

## PREPARATION

1. Arrange 1<sup>st</sup> 6 ingredients (plus chicken) on serving platter, in mounds – separated from other ingredients.
2. Sprinkle cilantro, jalapeno & scallions over the top, drizzle dressing over the top and leave out to serve. Garnish with lime wedges and cilantro sprigs

# Watermelon-Feta Salad

## INGREDIENTS

### For the vinaigrette:

- ¼ cup freshly squeezed orange juice
- juice of 1 lemon
- juice of 1 lime
- 2 tsps honey
- ½ cup sunflower (OR) canola oil (non-GMO)
- 1 tsp sea salt (a larger grain – like French grey sea salt) OR kosher salt
- ½ tsp ground white pepper

### For the salad:

- 2 ½ cups baby arugula, washed and spun dry
- 2 ½ cups mixed baby greens
- about 4 cups seedless watermelon, rind removed, and cut in 1-inch cubes
- 1 cup & ½ - 2 cups good feta cheese (Greek, Israeli or Bulgarian – made from sheep's milk), ½ -inch diced (or crumbled)
- 1 cup (4 ounces) whole fresh mint leaves, julienned

## PREPARATION

1. Whisk together the orange juice, lemon juice, lime juice, honey, salt, and pepper. Slowly pour in the oil, whisking constantly or shaking vigorously in a cruet.
2. In a large bowl, toss the greens, watermelon, feta, and mint gently with just enough of the vinaigrette to cover lightly. Serve.

# ***Pasta Salad w/Peas, Peppers & Parmesan***

*If you use the freshest, best quality ingredients and be sure not to overcook the pasta, this salad will be a big hit!*

## **INGREDIENTS**

- 1 box whole grain pasta – (gemelli, farfalle, rotini, etc...)
- 1 large sweet red pepper (or yellow or orange - or combination), chopped - medium dice
- 1 ½ cups good quality frozen sweet baby peas (or peas from your garden - shelled, rinsed and blanched for just a minute)
- 2 TBSPs finely chopped scallions
- 1 TBSP dried dill - OR 2 TBSPs fresh, finely chopped
- ½ tsp sea salt
- ¼ tsp white pepper
- 1¾s cups grated Parmegiana-Regianno OR Asiago cheese
- 1 recipe **Lemon-Dijon** OR **Balsamic Vinaigrette**

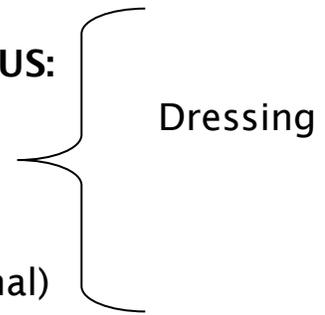
## **PREPARATION**

- 1.** Cook pasta **al dente** according to package directions, then toss in vinaigrette immediately after straining...chill for 10 minutes in fridge.
- 2.** Add chopped sweet peppers, scallions, frozen peas (do NOT cook or defrost) then the cheese and stir into dressed pasta.
- 3.** Add the sea salt and white pepper - taste and adjust if you need to.
- 4.** Let sit in "fridge for about 15-30 minutes before serving. Take out 20-30 minutes prior to serving if it's been in the fridge overnight.

# 3-Bean, Corn & Cuke Southwest Salad

*This is a really refreshing summer salad and is a perfect compliment to those spicy foods from south of the border! Just dump everything into a big bowl and combine well!*

## INGREDIENTS

- ½ cup each of black beans, chickpeas & red beans, **thoroughly rinsed** – SCRUB CAN TOPS VERY BRISKLY UNDER HOT WATER BEFORE OPENING THEM! - (TOTAL 1 & ½ cups beans)
  - 1 cup good quality frozen corn – shoepeg is really good
    - *OR – Grill 1 or two ears of fresh corn until kernels are charred a bit, cool for a few minutes and cut off the cob*
  - 1 small or HALF of a large cucumber (peeled only if it has a waxy coating), chopped – small dice
  - 2 stalks of scallion, snipped with scissors into very small circles
  - 1 ripe avocado, diced
  - ½ small jalapeno, seeded & finely diced (optional)
  - about 2 TBSPs finely chopped cilantro
  - ½ tsp sea salt
  - 1 tsp ancho chili powder
  - 1 recipe Honey-Lime Vinaigrette **-PLUS:**
    - ½ tsp chili powder of choice
    - 1 TBSP cumin
    - juice of 1 small lime, strained
    - 2-3 drops hot sauce, to taste (optional)
- 

## PREPARATION

1. Wash and dry all produce thoroughly before chopping and snipping, etc
2. Make the dressing
3. Combine all ingredients well – add just enough dressing to cover – **don't drown the salad!** Let chill and serve cool. Mix well before serving.

***Brown & Wild Rice Salad***  
***w/Toasted Almonds, Oranges, Craisins & Scallions***  
***in a Honey-Lime Vinaigrette***

**INGREDIENTS**

- 1 & ½ cups Royal Blend rice
- 1 small cans mandarin orange slices in fruit juice (NOT SYRUP) OR  
2 large honeybell or oranges
- ½ of the juice from 1 can of the oranges (strain out the rest!)
- ½ cup toasted almonds or pecans
- ½ cup craisins
- ¼ cup chopped scallions
- ½ tsp sea salt
- ½ tsp white pepper
- ½ tsp nutmeg
- ¼ tsp baking blend
- 1 recipe honey-lime vinaigrette

**PREPARATION**

- 1. Cook rice according to package directions (al dente - **don't overcook!**)**
- 2. Toss with a small amount of honey-lime dressing and 2 tsps juice from mandarin oranges and let cool.**
- 3. Gently toss in drained oranges, dried fruit and scallions...taste and adjust seasonings if you need to. If it seems dry, stir in a bit more dressing, **a little at a time.****
- 4. Toss in the almonds or pecans and serve. This salad should be served at room temperature or cool.**

# *Curried Couscous Salad*

*This salad is great with some grilled shrimp tossed in!*

## INGREDIENTS

- 1 cup Israeli (pearl) couscous
- ½ cup golden raisins
- ½ cup diced dried apricots (OR chopped dates)
- ½ tsp curry powder
- ¼ tsp white pepper
- ½ tsp kosher salt
- ½ cup chopped parsley (optional)
- ¼ cup chopped mint
- ¼ cup pistachios (toasted, unsalted)
- ¼ cup almonds (toasted, unsalted)

## DRESSING:

- 1 TBSP + 1 tsp cranberry (or mango) chutney
- about ¼ cup orange juice
- 1 TBSP + 1 tsp sunflower, safflower **or** grapeseed oil

## PREPARATION

1. Boil 1 cup of water.
2. Combine Israeli (pearl) couscous, raisins, apricots, curry powder, salt and the **1 cup** boiling water. Cover, turn heat OFF and let sit 10 minutes to cool.
3. Whisk together briskly the chutney, oj and oil.
4. Toss the parsley, mint and the nuts with the cous cous, then toss with the chutney dressing. Serve cool or at room temperature.

# ***Crispy Roasted Potato Salad***

## ***w/Chunky Bleu (or Gorgonzola) Cheese Crumbles & Bacon***

*This salad is always a hit – it's just a little bit decadent, so watch your portions. If you are not a fan of blue cheeses, substitute an extra sharp cheddar or good quality Parmesan cheese. Leave out the bacon if you don't want the meat or kick it up a notch by substituting crisped up bits of prosciutto!*

### **INGREDIENTS**

**Ingredients from Herb Roasted Potatoes recipe PLUS:**

- ½ cup crispy (well done-no fatty bits) real bacon bits
- ¼ cup chopped scallions
- 1 TBSP finely chopped flat leaf parsley
- 1 TBSP finely chopped thyme (optional)
- about 1 cup crumbled bleu or Gorgonzola cheese (OR grated extra sharp cheddar)
- 1 recipe vinaigrette (red wine, lemon or balsamic)

### **PREPARATION**

- 1.** Roast Red Bliss or Yukon Gold potatoes as per **Herb Roasted Potatoes recipe**.
- 2.** Toss with a small amount of the vinaigrette then mix well, smashing a few potatoes open.
- 3.** Let cool about 5-10 minutes more, then toss in the cheese, crumbled bacon if using, scallions and the finely chopped fresh herbs.
- 4.** Refrigerate until ready to serve. IF it's been in the 'fridge for more than a few hours, let sit at room temp 20 minutes before serving. (Stir well just prior to serving.)

# HERB ROASTED POTATOES

*I love the taste and aroma of Herbs du Provence for this dish, but feel free to substitute your favorite herb blends - Mrs. Dash seasonings work well and Bell's seasoning is good - just dill, salt & pepper is also nice...these make a great side dish and leftovers can be thrown into omelets, frittatas or quiches and make the base for delicious potato salads!*

## INGREDIENTS

- 3-4 **large** Red Bliss OR Yukon Gold Potatoes (**about 1 & ½ pounds, enough to fill small sheet pan**)
  - about ¼ cup olive oil
  - about 1 tsp **kosher** salt
  - about 2 tsps Herbs du Provence (or other dried herb blend)
  - about ½ tsp finely ground black or white pepper
- 
- MIX TOGETHER  
SALT, PEPPER &  
HERB BLEND**

## PREPARATION

1. Pre-heat oven to **475°**
2. Brush a sheet pan liberally with pure olive oil (OR sunflower oil).
3. Sprinkle evenly with about half of the salt, pepper & herbs mixture.
4. Wash, dry & cut potatoes (**skins on**) into 1" chunks and place in a single layer on the pan --- leave just a little space between potatoes.
5. Brush the tops & sides of the potatoes with the oil, sprinkle with the remaining salt, pepper and herbs.
6. Place on top shelf of oven, **reduce heat to 450°** and roast for about 30 minutes until browned and crispy on the outside and soft in the middle...check after 20 minutes...you could move them all around with a spatula after about 10-12 minutes - but you don't have to.
7. Let them sit for a minute, then remove with the spatula and place onto paper towels for about 30 seconds to drain. Serve - or use to make potato salad.

# ***Roasted Sweet Potato Salad***

## ***w/Honey-Lime Vinaigrette***

*When possible, use fresh picked corn off of the cob and get freshly harvested sweet potato or butternut squash.*

### **INGREDIENTS**

- 2 large sweet potatoes, peeled, diced & roasted – **OR-** 2 cups diced roasted butternut squash (**about ¾” dice**)
- ½ cup raisins
- 2 stalks scallions, finely snipped
- ½ cup cooked black beans, rinsed well
- ½ cup cooked chickpeas, rinsed well
- ½ cup sweet corn, cooked
- 1 recipe Honey-Lime Vinaigrette – Chili version
- sea salt and fine white pepper, to taste
- ¼ tsp cinnamon

### **PREPARATION**

1. Pre-Heat oven to 450°
2. Brush sheet pan with sunflower or canola oil and sprinkle with 2-3 pinches of salt & pepper plus the cinnamon. Place potatoes or squash in a single layer on the pan and brush with a bit more of the oil. Roast for about 20 minutes – OR until squash or potatoes are soft enough for a fork to go through easily and nicely browned.
3. Cool for about 5 minutes, then toss with a small amount of the vinaigrette. Add in the remaining ingredients and toss together well. Add just enough dressing to cover salad – you don’t want your salad to be swimming in the dressing!
4. Refrigerate until ready to serve. If it’s been in the fridge for more than a few hours, Let sit at room temp for about 20 minutes before serving. (Stir well just prior to serving.)

# ***Greek Village Salad - (Horiatiki)***

*This is the real Greek salad – as simple as can be and as tasty as the fresh ingredients you choose! Of course, if they happen to be right out of your garden, all the better. I use sweet red pepper instead of the usual green pepper because it's easier to digest and it tastes better to me.*

## **INGREDIENTS**

- 6 Campari tomatoes, quartered
- ½ large cucumber, cut into thick half slices
- 1 medium red onion ( cut into thin **half-circle slices**)
- 1 large green (or red) pepper, cut into large (about 1"+) dice
- ¾ s cup feta cheese, cubed or crumbled (FOR BEST RESULTS: use real Greek, Bulgarian or Israeli feta, made with sheep's milk!)
- 1 tsp finely chopped fresh oregano
- 1 tsp finely chopped thyme leaves
- 2 tsps fresh dill
- 1 lemon, cut into wedges, for garnish
- 8 black pitted Kalamata olives, cut in half --- optional

## **DRESSING**

- 4 ounces extra virgin olive oil
- 1 large, juicy lemon
- pinch of sea salt
- pinch of white pepper
- ½ tsp honey OR sugar

## **PREPARATION**

1. Cut the vegetables as described and place in salad bowl.
2. Mix dressing ingredients well!
3. Toss veggies lightly with dressing and feta cheese. **DO NOT DROWN your salad**; add the dressing ½ at a time. The goal is to just cover your salad with a coating of dressing. You can leave extra on the table when serving.
4. Garnish with lemon wedges and place olives in a bowl on the side, unless you know everyone will want olives.

# ***Super Greens, Bacon & Egg Salad***

*So Healthy! So Delicious!*  
*Serves 2-4*

## **INGREDIENTS**

- 1 & ½ cups loosely packed baby spinach
- 1 cup loosely packed baby arugula
- ½ cup loosely packed baby kale
- 3 – 4 shallots, sliced into paper-thin rings
- 3 hard boiled eggs, roughly chopped
- 6-8 strips thick cut (preferably nitrate-free) thoroughly cooked/drained bacon (OR turkey bacon), crumbled **OR** – ½ cup diced crisped up prosciutto
- 1/3 cup grated good quality parmesan or Asiago cheese
- 1 recipe honey-balsamic vinaigrette

## **PREPARATION**

1. Wash and dry greens thoroughly if they aren't in already washed packaging.
2. Place eggs gently into a small saucepan and cover completely with water. Cover and turn heat to HIGH. As soon as the water boils (BIG bubbles, lots of activity), take the pan off of the heat – leaving the cover on – and set a timer for 9 minutes. Fill a small bowl with ice water, leaving room for eggs.
3. Cook bacon thoroughly, until completely browned and crispy, with no pieces of fat.
4. Whisk together (or shake in a cruet) vinaigrette ingredients - oils last - cover and set aside to let flavors develop.
5. A few minutes before serving, whisk or shake dressing well and toss in gently to lightly coat greens and onions. Sprinkle with the cheese, eggs and bacon and drizzle a very small amount of dressing over these, leaving the dressing out in case your guests want more.

# ***Watermelon Salad with Pomegranate Vinaigrette***

*Recipe courtesy Urban Solace, San Diego*

## **INGREDIENTS**

### **POMEGRANATE VINAIGRETTE:**

- 1 TBSP lemon juice and lime juice
- 2 TBSPs pomegranate molasses
- 1 TBSP sherry vinegar
- 2 tsps honey
- 1 tsp Dijon mustard
- 1 tsp minced shallots
- ½ tsp kosher salt
- 1 pinch ground black pepper
- ¾s cup grapeseed or canola oil
- about 2 cups sweet 100 tomato halves - whatever's hitting - cherry, heirloom
- about ½ - ¾s cup sheeps milk feta cheese, crumbled
- 2 fresh basil leaves, torn into penny-size pieces
- 2 fresh mint leaves, torn into penny-size pieces
- about 2 cups **loosely** packed arugula
- 1 TBSP toasted pine nuts
- 1 TBSP plumped currants (currants soaked in hot water for 5 minutes and drained)

### **WATERMELON SALAD:**

- 1 cup seedless watermelon, cubed
- ½ of an English cucumber, peeled, seeded and diced

## **DIRECTIONS**

1. For the pomegranate vinaigrette: Place the citrus juice, pomegranate molasses, vinegar, honey, mustard, shallots, coriander, salt and pepper in a container. Emulsify, adding the oil slowly. Taste for seasoning.
2. For the watermelon salad: Combine the watermelon, cucumber, tomatoes, feta, basil and mint. Add the arugula and pine nuts. Plate and top with the currants and 3 ounces of the pomegranate vinaigrette.