

Salads and Salad Dressings



Table Of Contents

Baby Arugula and Spinach Salad	3
Balsamic Vinaigrette	4
Black Bean and Corn Salad	5
Broccoli Salad.....	6
Cannellini Bean, Red Onion and Arugula Salad.....	7
Catalina Salad Dressing	8
Chicken Fajita Salad	9
Cole Slaw.....	10
Creamy Vinaigrette.....	11
Greek Orzo Salad.....	12
Greek Salad.....	13
Greek Salad Dressing	14
Honey Mustard Dressing	15
Napa Cabbage Salad	16
Pasta Salad.....	17
Spinach Salad with Hot Bacon Dressing	18
Sue's Green Pea Salad.....	19
Susan's Spaghetti Salad.....	20
Taco Salad with Beef.....	21
Tomato and Green Onion Salad.....	22
Warm Spinach Salad with Bacon and Pine Nuts	23

Baby Arugula and Spinach Salad

Servings: 4

Ingredients

- 2 cups baby arugula
- 2 cups baby spinach
- 1 large avocado, large dice
- 1 cup cherry tomatoes, halved
- 1/4 cup Parmesan cheese, shaved
- 1/4 cup pine nuts, toasted
- 1/4 cup dried cherries, diced
- 2 Tbs olive oil
- 1 Tbs red wine vinegar
- salt and pepper, to taste

Procedure

- 1 Divide and plate the arugula, spinach, avocado slices, cherry tomato halves, shaved cheese, cherries, and pine nuts equally into four salad bowls or plates.
- 2 Whisk the olive oil and vinegar together and drizzle over each salad. Salt and pepper to taste.

Recipe Tips

1. Sunflower seeds or chopped walnuts can be substituted for the toasted pine nuts.
2. Dried cranberries or raisins can be substituted for the dried cherries.
3. Rice wine vinegar or sherry vinegar can be substituted for the red wine vinegar.

Balsamic Vinaigrette

Yield: 3/4 cup

Ingredients

1/2 cup balsamic vinegar
1/4 cup olive oil or canola oil
1 tsp dried basil
4 tsp sugar
1 clove garlic, minced



Procedure

1 Mix all ingredients in a sealable container and shake well.

Black Bean and Corn Salad

Ingredients

- 14 oz can Black beans, rinsed and drained
- 2 cups Corn kernels, frozen
- 1 small Red bell pepper, seeded and diced
- 1 Jalapeno pepper, seeded, deveined and diced
- 1/2 cup Red onion, diced
- 1/2 cup Cilantro leaves, chopped
- 1/4 cup Italian-style salad dressing
- 2 Tbs Lime juice
- Salt and Pepper, to taste



Procedure

- 1 Combine all ingredients in a bowl and toss to coat well. Let rest for 15 minutes to allow the corn to thaw and the flavors to meld. Then toss and serve.

Source

Author: adapted from a Rachael Ray recipe

Broccoli Salad

Ingredients

1/2 cup mayonnaise
1 1/2 Tbs red wine vinegar
1/4 cup sugar
1/4 tsp fresh ground black pepper
2 cups broccoli florets, chopped
1/2 medium red onion, chopped
3 oz shredded cheddar or mozzarella
5 thin slices bacon, cooked and crumbled
1/4 cup raisins
2 Tbs sunflower seeds

Procedure

- 1 Mix mayo, vinegar, sugar and pepper together.
- 2 Add broccoli, onion, cheese, bacon and raisins to mayo mixture. Stir well.
- 3 Refrigerate for four or more hours to let flavors develop.
- 4 Stir in sunflower seeds just before serving.

Cannellini Bean, Red Onion and Arugula Salad

Servings: 4

Ingredients

- 1 cans cannellini beans, 15 oz each, drained and rinsed
- 3/8 cup red onion, sliced very thin
- 2 cups baby arugula, washed and dried
- 2 Tbs olive oil
- 1 Tbs balsamic vinegar
- 10 small basil leaves, roughly chopped or torn
- 1/4 tsp salt, and to taste
- 5 grinds fresh black pepper, and to taste



Procedure

- 1 Toss the beans, red onion and arugula together in a large bowl.
- 2 Shake the olive oil, vinegar, basil, salt and pepper in a sealable container until the salt has dissolved.
- 3 Pour the dressing over the salad and toss well, then set aside at room temperature for about an hour to let the flavors develop, tossing occasionally.
- 4 Just before serving, adjust the seasoning with salt and pepper to taste.

Catalina Salad Dressing

Very good!

Ingredients

2/3 cup catsup
2/3 cup canola or sunflower oil
1/2 cup sugar
1/2 cup red wine vinegar
1 Tbs lemon juice
2 tsp garlic, minced
2 tsp minced dried onion
1/2 tsp Kosher salt
1/2 tsp dry mustard
1/4 tsp paprika
1/2 tsp fresh ground black pepper
1/2 tsp celery seed

Procedure

1 Mix well, let set overnight in refrigerator. Keep refrigerated.

Chicken Fajita Salad

Servings: 2

Ingredients

- Chicken Marinade: next 5 ingredients
- 2 cloves garlic, minced
 - 1 tsp pickled jalapeño pepper, chopped
 - 2 Tbs olive oil
 - 2 Tbs lemon juice
 - 1 tsp paprika
 - 2 Chicken breast halves, boneless and skinless
- Fresh Salsa: next 8 ingredients
- 2 medium roma tomatoes, diced
 - 1/4 cup white onions, diced
 - 1 small avocado, diced
 - 1 Tbs pickled jalapeño pepper, chopped
 - 1 tsp cilantro, chopped
 - 3 Tbs lemon juice
 - 3 Tbs lime juice
 - salt, to taste
 - 4 large Romaine lettuce leaves, roughly chopped
 - 1/2 cup Cheddar cheese, shredded
 - 2 Tbs Black olives, chopped
 - 2 Tbs Sour cream

Procedure

- 1 Combine all marinade ingredients in shallow pan and stir together.
- 2 Add chicken to marinade, turning to coat well. Marinate 24 hours or can be frozen for future use.
- 3 Mix all salsa ingredients together in a medium mixing bowl, cover surface of mixture with cling wrap to keep avocados from browning. Chill for 2 hours to allow flavors to blend.
- 4 Pan sear or grill marinated chicken until browned. Chop chicken into 1/4" slices. Return to pan to finish cooking.
- 5 Divide lettuce and chicken between 2 plates. Top with fresh salsa, shredded cheese, black olives and a dollop of sour cream.

Cole Slaw

Servings: 3

Ingredients

1/4 cup mayonnaise
2 1/4 tsp apple cider vinegar
2 Tbs sugar
1/4 tsp celery seed
1/4 tsp sea salt
1/4 tsp black pepper, fresh ground
2 cups green cabbage, shredded (about 6 oz.)
1 large carrot, shredded



Procedure

- 1 Whisk together the first 6 ingredients to make a smooth dressing.
- 2 Add the shredded cabbage and carrot to the dressing and fold until well mixed.
- 3 Chill slaw in refrigerator for several hours, giving it an occasional toss.

Creamy Vinaigrette

Very nice!

Yield: about 1/3 cup

Ingredients

1 Tbs rice wine vinegar
1 Tbs lemon juice
1 1/2 tsp Dijon mustard
1 1/2 tsp mayonnaise
1 clove garlic, minced
salt, to taste
fresh ground black pepper, to taste
1/3 cup olive oil

Procedure

- 1 Measure vinegar, lemon juice, mustard and mayonnaise into processor. Add garlic, a pinch of salt, and a few grindings of pepper. Pulse a few times to mix well.
- 2 While processing, slowly pour oil into mixture, first in droplets, then in a slow, steady stream to emulsify.

Greek Orzo Salad

Servings: 8

Ingredients

1/2	lb	orzo
3	Tbs	olive oil
2	Tbs	red wine vinegar
1 1/2	Tbs	mint, minced
2	tsp	oregano
1	tsp	thyme
1/2	tsp	black pepper
1	tsp	Dijon-style mustard
1	cup	pitted black olives
1	medium	English cucumber
2	medium	tomatoes
4		scallions
2	cloves	garlic
1	can	chickpeas (15 oz)
1/4	lb	feta cheese

Procedure

- 1 Cook the orzo pasta per package directions, usually in boiling water for 10 minutes. Drain.
- 2 Mix together the oil, vinegar, mint, spices and mustard. Put aside.
- 3 Cut the olives in half, dice the cucumber with the skin on, dice the tomatoes and scallions. Mince the garlic. Mix all together, and add in the orzo.
- 4 Drain and rinse the chickpeas and add them in.
- 5 Crumble in the feta.
- 6 Now mix in the dressing.
- 7 Cool in the fridge for an hour or more, then serve.

Greek Salad

Use the amount of vegetables and cheese to your preference and enjoy this fresh tasting salad.

Ingredients

Romaine lettuce, bite size pieces
Diced plum tomatoes
Thin sliced red onions
Thin sliced English cucumbers
Thin sliced green or red bell peppers
Pitted and halved kalamata olives
Red wine vinegar and olive oil vinaigrette
Salt and fresh ground black pepper, to taste
Crumbled feta cheese

Procedure

- 1 Put the prepared vegetables in a large salad bowl. Dress with red wine vinegar and olive oil vinaigrette. Salt and pepper to taste. Toss to coat the salad. Top with feta cheese and serve.

Greek Salad Dressing

Also a great dressing for a house or Italian salad.

Yield: about 2/3 cup

Ingredients

- 14 tsp olive oil (1/4 cup + 2 tsp)
- 3/4 tsp granulated garlic
- 3/4 tsp dried oregano
- 3/4 tsp dried basil
- 1/2 tsp ground black pepper
- 1/2 tsp salt
- 1/2 tsp onion powder
- 1/2 tsp Dijon mustard
- 19 tsp red wine vinegar (1/3 cup + 1 Tbs)

Procedure

- 1 In a screw top bottle or container, mix all ingredients except the vinegar.
- 2 Then add vinegar and shake vigorously until well blended.

Honey Mustard Dressing

Ingredients

- 3 parts mayonnaise
- 1 part honey
- 1/2 part Dijon mustard



Procedure

- 1 Combine all ingredients and mix well.

Napa Cabbage Salad

This is a yummy, crunchy cabbage salad with toasted ramen noodles and almond slivers. Great for potlucks!

Servings: 8

Ingredients

- 1 Small napa cabbage, shredded or chopped
- 6 Green onions, chopped
- 1/3 cup Butter
- 3 oz Ramen noodles package, broken
- 2 Tbs Sesame seeds
- 1 cup Slivered almonds
- 1/4 cup Rice wine vinegar
- 3/4 cup Peanut oil
- 1/2 cup Sugar
- 2 Tbs Soy sauce, light

Procedure

- 1 Finely shred or chop the head of cabbage. Chop green onions. Combine cabbage and onions in a large bowl, cover and refrigerate until ready to serve.
- 2 Preheat oven to 350 degrees.
- 3 Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a foil lined baking sheet and bake the crunchies in the preheated oven, turning often to make sure they do not burn. When they are browned remove them from the oven.
- 4 Make the dressing: In a small saucepan over medium heat, whisk together the vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove pan from heat and let cool.
- 5 Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

Pasta Salad

This salad is best if made a day ahead.

Servings: 6

Ingredients

4	oz	corkscrew type pasta, dry
5 - 6	Tbs	Greek salad dressing
1	clove	garlic, minced
1		basil leaves, fresh, chopped
2/3		oregano sprigs, stemmed, chopped
1/3		parsley sprig, stemmed, chopped
3	oz	marinated artichoke hearts, chopped
1/2	cup	broccoli florets, blanched for 1 1/2 minutes, drained
3		green onions, chopped
1/2	cup	bell peppers, chopped (red, yellow, or green)
1/3	cup	frozen peas, thawed
5		black olives, halved
1/2	cup	Romano cheese, shredded
1/4	cup	Parmesan cheese, grated

Procedure

- 1 Cook and drain pasta according to package directions. Rinse with cold water to stop cooking process. Set aside in a large mixing bowl.
- 2 Whisk together salad dressing, garlic and herbs in a small bowl.
- 3 Add prepared vegetables to cooled pasta and toss to mix.
- 4 Add dressing and herb mixture to pasta-vegetable mix and toss to coat.
- 5 Add cheeses to mix and toss to distribute evenly.
- 6 Cover and chill in refrigerator overnight.

Recipe Tips

Substitute poblano peppers for some or all of the bell peppers to give this salad a kick!

Spinach Salad with Hot Bacon Dressing

This recipe is based on the Spinach Salad served at the Mesa Hills Cafe in Austin, Texas. I love it with all of the optional ingredients! - Jackie

Servings: 4

Ingredients

DRESSING INGREDIENTS:

- 1/4 cup Shallots, chopped fine
- 1 Tbs Bacon fat (reserved from cooked bacon)
- 1 tsp Black peppercorns, fresh ground
- 1/4 cup Olive oil, extra virgin
- 1/2 cup Red wine vinegar
- 1/4 cup Sugar
- 1 Tbs Dijon mustard

SALAD INGREDIENTS:

- 8 cup Fresh baby spinach, trimmed and washed
- 4 slices Thick bacon, cooked crisp, chopped coarsely
- 4 large Eggs, hard cooked and chopped fine

ADDITIONAL/OPTIONAL SALAD INGREDIENTS:

- 1/2 cup Red onion, sliced thin
- 8 Mushrooms, sliced
- 20 Black olives, sliced or chopped
- 1 medium Tomato, cut into wedges
- 1 small Avocado, sliced
- 4 Tbs Raisins

Procedure

- 1 Dressing procedure: Sweat the shallots, bacon fat and peppercorns in a medium saucepan over medium heat until the shallots are transparent. While over the heat, whisk in the olive oil, vinegar and sugar. Increase the heat to high and whisk until the sugar dissolves completely. Whisk in the Dijon mustard until completely dissolved.
- 2 Salad procedure: Toss dressing with the spinach, bacon pieces, chopped egg and as many of the additional/optional ingredients as desired just before serving.

Sue's Green Pea Salad

Yield: 6 - 8 servings

Ingredients

16 oz frozen peas, thawed
6 thin strips of bacon, fried crisp and then crumbled
3 green onions, sliced
1/3 cup mayonnaise
1/3 cup sour cream
1/4 cup parmesan cheese (divided)



Procedure

- 1 In a colander, rinse frozen peas in cold water until thawed. Drain, and transfer to a large salad bowl.
- 2 Add bacon and sliced green onions.
- 3 In a small bowl mix together mayonnaise, sour cream and 1/2 of the parmesan cheese.
- 4 Stir mayo mixture into salad mixture. Then top with 2nd half of the parmesan cheese.
- 5 Serve chilled. Best made a day ahead to allow the flavors to blend.

Source

Author: Sue Chayer

Susan's Spaghetti Salad

Always guaranteed to be a hit at potlucks!

Ingredients

1	lb	dry spaghetti, broken into bite size pieces
16	oz	Wishbone Italian salad dressing
1/2 - 3/4	cup	parmesan cheese, shredded or grated
16	oz	green peas, frozen
1/2	bottle	McCormick Salad Supreme seasoning (about 1.3 oz)
1/2	tsp	celery seed
1/2	tsp	paprika
2 - 3	medium	tomatoes, cut up
1	medium	cucumber, peeled and cut up
1	medium	red onion, chopped
1	small can	black olives, sliced

Procedure

- 1 Cook spaghetti, drain and rinse with cold water.
- 2 Move drained pasta to a large mixing bowl.
- 3 Add salad dressing, parmesan, frozen peas, Salad Supreme, celery seed and paprika to the pasta and mix well.
- 4 Add remaining ingredients and toss well to coat. Cover and store in refrigerator until ready to serve.

Source

Author: Susan McMahon

Taco Salad with Beef

Ingredients

Romaine lettuce, chopped
Roma tomato, chopped
Beef taco meat, warm
Onion, chopped
Cheddar cheese, shredded
Black olives, chopped
Pickled jalapeños, diced
Taco sauce or salsa
Guacamole
Sour cream

Procedure

- 1 Layer the salad beginning with the first ingredient on the bottom and working up to the last ingredient.

Tomato and Green Onion Salad

So simple and so good!

Ingredients

Vine ripened tomatoes
Green onions
Mayonnaise
Kosher salt, to taste
Romaine or Iceberg lettuce, course chopped

Procedure

- 1 Chop tomatoes and add tomatoes and all of their juice to a large mixing bowl.
- 2 Thinly slice green onions and add to tomatoes
- 3 Fold just enough mayonnaise into the tomato and onion mix to coat the vegetables. Salt to taste, cover and put in refrigerator to chill and meld flavors.
- 4 Add chopped lettuce to the mixing bowl and toss just before serving.

Recipe Tips

Ripe tomatoes are a must! All of their juices mix with the mayo to make the dressing.

Warm Spinach Salad with Bacon and Pine Nuts

Adapted from Dr. Atkins' Quick & Easy New Diet Cookbook

Servings: 4

Ingredients

- 2 Tbs olive oil (divided)
- 4 slices bacon, cut into 1/2 inch pieces
- 2 Tbs pine nuts
- 2 cloves garlic, finely chopped
- 10 oz spinach leaves, trimmed, washed and spun dry
- 1 tsp balsamic vinegar
- 1 Tbs grated parmesan cheese

Procedure

- 1 Heat 1 Tbs of oil in heavy frying pan over medium-high heat until hot, but not smoking.
- 2 Add the bacon and sauté, stirring occasionally for 4 minutes or until browned.
- 3 Reduce heat to medium, add pine nuts and cook for 1 minute, stirring occasionally. Add the garlic and cook, stirring for 30 seconds.
- 4 Add the spinach, vinegar and remaining Tbs of oil and cook, tossing gently for 15 seconds, or until the spinach is warm and a bit wilted. Do not overcook.
- 5 Transfer to serving plates, sprinkle with parmesan and serve immediately.