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## **Introduction:**



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## **Salad Recipes**

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## Antipasto Pasta Salad

---

1 pound shell, bowtie or elbow macaroni pasta  
1/4 pound Genoa salami, chopped  
1/4 pound pepperoni, chopped  
1/2 pound Asiago or Italian sharp cheese, diced  
1 (6 ounce) can black olives, drained and chopped  
1 red bell pepper, diced  
1 green bell pepper, diced  
3 ripe tomatoes, chopped  
1 (.6 ounce) Italian dressing mix (Good Seasons)  
3/4 cup extra virgin olive oil  
1/4 cup balsamic vinegar  
2 tablespoons dried oregano  
1 tablespoon dried parsley  
1 tablespoon grated Parmesan cheese  
salt  
ground black pepper

Cook the pasta in a large pot of salted boiling water until al dente. Drain and cool under cold water.

In a large bowl, combine the pasta, salami, pepperoni, cheese, black olives, red bell pepper, green bell pepper and tomatoes. Sprinkle on the envelope of powdered dressing, mix thoroughly and refrigerate salad.

To prepare the dressing, whisk together the olive oil, balsamic vinegar, oregano, parsley, parmesan cheese, salt and pepper. Just before serving, pour dressing over the salad and mix well.

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## Beet Salad

---

Roasted Beets:

- 4 bunches of beets (trim root ends and remove tops)
- 2 Tablespoons of olive oil

Coat beets with oil. Roast in 450 degrees oven on a sheet pan for approximately 45 minutes or until tender. Cool, peel, and dice.

Dijon Honey Vinaigrette:

- 1 Tablespoon of lemon juice
- 1 ounce white wine vinegar
- 1 Tablespoon honey
- 1 ounce dijon mustard
- 1 teaspoon dried thyme
- 4 ounces vegetable oil
- salt & white pepper to taste

Combine first five ingredients in a blender. While blender is running slowly add oil. Season to taste with salt and white pepper.

Salad Ingredients:

- 1/4 pound French Feta cheese (crumbled)
- 1 pound of spring mix lettuce
- 2 heads Belgium endive

Place three endive leaves symmetrically on each plate. Toss spring mix with vinaigrette. Divide between plates, top with diced beets and feta cheese.

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## Couscous Salad

---

- 1 cup cooked couscous
- 1 tablespoon butter
- 1 red onion, chopped
- 1 red bell pepper, chopped
- 1/3 cup chopped fresh parsley
- 1/3 cup raisins
- 1/3 cup toasted sliced almonds
- 1/2 cup canned chick peas, rinsed and drained
- 1/2 cup creamy salad dressing
- 1/4 cup plain yogurt
- 1 teaspoon ground cumin
- salt and pepper to taste

Place 1 teaspoon butter in a saucepan and melt over medium–low heat. Add 1/2 cup couscous and stir until coated in butter. Add 1 cup water. Bring to boil, reduce heat to a simmer. Cover and cook until all water is absorbed. Season with salt and pepper, set aside to cool.

In a salad bowl, combine the couscous, red onion, bell pepper, parsley, raisins, almonds and chick peas. Stir and mix well.

Whisk together the salad dressing, yogurt, cumin, salt and pepper. Pour the dressing over salad; stir until well blended, chill and serve.

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## Beef Fajita Salad

---

- 1 (8 ounce) bottle Italian dressing
- 1 teaspoon cumin
- dash hot pepper sauce
- 1/2 pound beef for fajitas, strips or chunks
- 1/2 cup corn kernels
- 1/2 cup cooked kidney beans
- 1/2 cup red onion, sliced
- 1/2 cup cheddar cheese, shredded
- 1 tomato, chopped
- 6 to 8 cups salad greens
- 2 cups crushed tortilla chips

Combine the cumin, hot pepper sauce and Italian dressing in a small bowl and mix well. Reserve 1/2 cup of the dressing. In a separate bowl, add enough dressing to coat the beef and let marinate for 1 hour.

In a hot skillet, fry the beef and cook until done. Allow the beef to cool. In a medium bowl combine the beef with the corn, beans, onions and 1/2 cup of the dressing. Refrigerate for several hours before serving.

To serve, toss the beef and vegetable mixture with the salad greens, tomatoes and shredded cheese. Add extra dressing if necessary and top with the crushed tortilla chips.

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## **Greek Salad**

---

1 head iceberg lettuce  
1 head romaine lettuce  
1 lb. plum (roma) tomatoes  
6 oz. greek or black olives, sliced  
4 oz. sliced radishes  
4 oz. feta cheese  
2 oz. anchovies (optional)

### Dressing:

3 oz. olive oil  
3 oz. fresh (preferred) lemon juice  
1 teaspoon dried oregano  
1 teaspoon black pepper  
1 teaspoon salt  
4 cloves garlic, minced

Wash and cut lettuce into 1 1/2" pieces.

Slice tomatoes in quarters. Combine lettuce, tomatoes, olives, and radishes in large bowl. Mix dressing ingredients together and then toss with vegetables. Pour out into a shallow serving bowl. Crumble feta cheese over all, and arrange anchovy fillets on top (if desired).

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## Chicken Pasta Salad

---

- 2 boneless chicken breasts
- 3/4 cup steak sauce
- 1 (12 ounce) package fussili or bowtie pasta
- 2 chicken bouillon cubes
- 1 medium Vidalia onion, diced
- 2 avocados, peeled and diced
- 1 cup halved cherry tomatoes
- 1 cup blue cheese or ranch salad dressing

Marinate chicken breasts in steak sauce for 15 to 60 minutes. Grill until done and chop into bite-size pieces.

In a large pot of boiling water, add the bouillon cubes and cook pasta until al dente. Drain and rinse under cold water.

In a large bowl, combine chicken, pasta, onion, avocados and tomatoes. Add salad dressing, mix and refrigerate until chilled. Stir in additional salad dressing when ready to serve, if desired.

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## Lentil Salad

---

1 cup dried lentils  
1 cup diced carrots  
1 cup diced red onions  
2 cloves garlic, minced  
1 bay leaf  
1/2 teaspoon dried thyme  
2 tablespoons lemon juice  
1/2 cup diced celery  
1/4 cup chopped fresh parsley  
1 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 cup olive oil

In a saucepan combine lentils, carrots, onion, garlic, bay leaf, and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.

Drain lentils and vegetables and remove bay leaf. Add olive oil, lemon juice, celery, parsley, salt and pepper. Toss to mix and serve at room temperature.

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## Ham Salad with Hot Peanut Dressing

---

3/4 pound boneless ham  
2 tablespoons vegetable oil  
1/4 cup peanut butter  
3 tablespoons fresh lime juice  
1 tablespoon reduced-sodium soy sauce  
1 teaspoon ground ginger  
1 clove garlic, minced  
1 tablespoon sugar  
1 medium cucumber, seeded and thinly sliced  
1/2 red onion, thinly sliced  
6 cups romaine or curly endive, torn  
1 head radicchio or Boston lettuce

Thinly slice ham and heat briefly in microwave or in skillet over medium heat. Set aside and keep warm. For dressing, combine vegetable oil, peanut butter, lime juice, soy sauce, ginger, garlic and sugar in a blender or food processor; blend well.

Heat dressing in microwave in glass measuring cup or on stovetop in a small saucepan. Toss cucumber, red onion, romaine and endive together. Arrange salads on individual salad plates as follows:

Line plates with radicchio or Boston lettuce, top with tossed vegetables, arrange ham slices atop and spoon over hot dressing.

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## **Deli Potato Salad**

---

6 to 10 potatoes, boiled, cooled and cut in chunks  
3 hard boiled eggs, chopped  
1/2 lb. salami, ham, or other favorite deli meat, cut in chunks  
3 dill pickles, chopped  
1 onion, chopped  
2 apples, cored and chopped  
3 tbsp. mayonnaise  
3 tbsp. red wine vinegar  
salt and fresh ground pepper to taste  
paprika

Mix potatoes, pickles, eggs, apple and onion in a large bowl. Fry salami lightly and drain off excess fat, cool. Stir salami, mayonnaise and seasoning into potato mixture. Chill for 2 hours before serving. Garnish with slivered red and green sweet peppers.

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## Mandarin Orange Salad

---

1/2 cup sour cream  
1/4 cup mayonnaise  
1/4 cup milk  
1/2 to 1 teaspoon minced garlic  
1/2 teaspoon Worcestershire sauce  
pinch sugar  
pinch ground white pepper  
cayenne pepper to taste

3 large heads butter lettuce – torn, washed and dried  
1 small Vidalia sweet onion, peeled and sliced into thin rings  
1 (11 ounce) can mandarin oranges, drained  
6 ounces fresh mushrooms, thinly sliced  
salt and pepper to taste

Prepare the dressing by whisking together the sour cream, mayonnaise, milk, garlic, Worcestershire sauce, sugar, white pepper and cayenne pepper. Store in an air-tight container and refrigerate.

Prepare the salad in a large bowl by combining the lettuce, onion, oranges and mushrooms. Add enough dressing to coat and toss. Sprinkle with salt and pepper and add croutons if desired.

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## Turkey Macaroni Salad

---

8 ounces fusilli pasta, uncooked  
1 cup mayonnaise  
1 cup yogurt  
1/4 cup chopped green onions  
1 teaspoon salt  
1/8 teaspoon ground white pepper  
3 cups (1 pound) cubed, cooked turkey  
1 cup chopped celery

Cook pasta according to package directions. Drain, rinse with cold water, and drain again.

In a large bowl, combine mayonnaise, yogurt, onions, salt, and white pepper. Gently stir in turkey, pasta, and celery.

Cover, and chill until serving time.

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# Taco Salad

---

- 1 pound lean ground beef
- 1 tablespoon chili powder
- 1 head iceberg lettuce, chopped or shredded
- 1 bunch romaine lettuce, chopped
- 3 large tomatoes, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 bunch green onions, chopped
- 1 (4 oz.) can jalapeno peppers or 3 to 4 fresh ones, finely chopped
- 1 (15 oz.) can red kidney beans, drained
- 1 (15 oz.) can garbanzo beans, drained
- 1 (12 oz.) bag shredded Cheddar cheese, divided
- 2 (14.5 oz.) bags corn tortilla chips, crushed
  
- 2 cups Miracle Whip
- 1 cup ketchup
- 1 (1.25 ounce) package taco seasoning mix

Brown the beef, drain, season with chili powder and set aside to cool.

Prepare the dressing by whisking the Miracle Whip, ketchup and taco seasoning mix together in a small bowl.

In a large bowl, combine iceberg lettuce, romaine lettuce, tomatoes, green pepper, red pepper, green onions, jalapeno peppers, kidney beans, garbanzo beans, half of the cheese, half of the crushed chips, dressing and cooled ground beef. Mix well, cover and refrigerate.

Just before serving, top the salad with the other half of the cheese and crushed chips. Serve with whole chips on the side.

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## Hungarian Cucumber Salad

---

2–3 cucumbers, sliced  
2 teaspoons salt  
3 tablespoons cider vinegar  
1 1/2 teaspoons sugar  
1/4 teaspoon paprika  
1/4 teaspoon white pepper  
1/2 clove garlic, minced  
4 fresh green onions, diced  
1 cup thick sour cream  
1/4 teaspoon paprika

Slice cucumbers thinly into bowl; sprinkle with salt, mix. Set aside for 1 hour. Mix vinegar, water, sugar, paprika, white pepper and garlic, and set aside. Squeeze liquid from cucumber slices a few at a time, and place into bowl. Discard liquid. Add vinegar mixture, green onions, and sour cream. Mix and sprinkle additional paprika over top. Chill for 1–2 hours.

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## Golden Corral's Seafood Salad

---

- 1 lb. imitation crab meat, shredded
- 1 cup diced celery
- 1/2 cup mayonnaise
- 1/4 cup sliced green onions (with the green too)
- 1 tablespoon lemon juice
- 3 hard boiled eggs, chopped.

Mix all ingredients. Refrigerate for about an hour to allow flavors to blend. Serve either as a salad, on lettuce, or on split croissants.

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## Strawberry Spinach Salad

---

2 tablespoons sesame seeds  
1 tablespoon poppy seeds  
1/2 cup sugar  
1/2 cup olive oil  
1/4 cup white vinegar  
1/4 teaspoon paprika  
1/4 teaspoon Worcestershire sauce  
1 tablespoon dried minced onion  
1 (10 ounce) bag fresh spinach – chopped, washed and dried  
1 quart strawberries, sliced  
1/4 cup toasted slivered almonds

Whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce, and onion.  
Refrigerate until chilled.

In a large bowl, combine the spinach, strawberries and almonds.  
Pour dressing over salad; toss and refrigerate 10–15 minutes before serving.

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## Mediterranean Salad

---

1 medium head romaine lettuce, torn  
3 small tomatoes, diced  
1 medium cucumber, sliced  
1 small green bell pepper, sliced  
1 small onion, cut into rings  
6 radishes, thinly sliced  
1/2 cup flat leaf parsley, chopped  
1/3 cup olive oil  
3 tablespoons lemon juice  
1 garlic clove, minced  
Salt & pepper  
1 teaspoon fresh mint, minced  
Pita bread halves

Combine lettuce, tomatoes, cucumber, pepper, onion, radishes & parsley in a salad bowl. Whisk together olive oil, lemon juice, garlic, salt, pepper & mint. Pour over salad & toss to coat. Serve immediately with warm pita halves.

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## Spicy Pecan Salad

---

- 1 heart of romaine lettuce
- red onion
- 1/8 cup crumbles blue cheese
- 2 oz. spicy pepper pecans (chopped)
- 4 teaspoons raspberry vinaigrette (per serving)

Toss romaine lettuce with raspberry vinaigrette and divide evenly on salad plates. Slice red onion paper-thin and layer to taste on top of the greens. Sprinkle with blue cheese crumbles and spicy pepper pecans to taste.

Spicy Pepper Pecans:

- 2 oz. or 1/2 cup of chopped pecans
- 3 teaspoons dark brown sugar
- 1/2 teaspoon cayenne pepper

Rinse pecan pieces to dampen. Combine brown sugar and cayenne pepper in a small bowl. Mix in damp pecan pieces and toss until thoroughly coated. Spread evenly on cookie sheet then place in preheated 400F oven and cook 5 to 10 minutes or until brown sugar is thoroughly melted on pecans. Remove and let cool.

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## Rice Salad

---

3 cups cold cooked rice  
1/2 cup cooked peas  
1/2 cup cooked corn  
1/2 cup raisins  
1/2 cup red and green pepper, chopped  
1/3 cup olive oil  
6 slices bacon, cooked crisp and crumbled  
salt and fresh ground pepper to taste

Combine all ingredients in a bowl. Toss with olive oil and chill overnight in refrigerator before serving. Garnish with orange sections.

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## Zucchini Slaw

---

6 medium zucchini, grated (1 1/2 lbs)  
2 teaspoons salt  
1 large carrot, grated  
1 sweet red pepper, julienned  
1 red onion, thinly sliced  
1 stalk celery, julienned  
2 tablespoons each chopped fresh dill and parsley

### Dressing:

3/4 cup mayonnaise  
2 tablespoons Dijon mustard  
2 tablespoons red wine vinegar  
1 tablespoon olive oil  
1 tablespoon honey  
1 teaspoon horseradish  
1/4 teaspoon pepper

Combine zucchini and salt; toss well. Place in colander; let stand for 30 minutes. Rinse under cold water; drain and squeeze out excess moisture. Place zucchini in bowl and add carrot, red pepper, onion and celery; toss well. Sprinkle with parsley and dill. Combine mayonnaise, mustard, vinegar, oil, honey, horseradish and pepper; stir into zucchini mixture. Taste and adjust seasoning if necessary.

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## Poached Chicken and Walnut Salad

---

2 whole chicken breasts (with skin on and bone in)  
1 celery stalk  
1 onion, sliced  
6 peppercorns  
chicken broth  
3 tbsp. extra virgin olive oil  
3 tbsp. balsamic vinegar  
1/4 cup walnuts  
mixed greens: watercress, arugula, red leaf lettuce, radicchio

Place chicken breasts in pan or skillet. Add celery, onion and peppercorns. Add enough broth to cover chicken. Bring to a boil, then reduce heat to medium–low. Cook until just tender, about 20 minutes. Cool chicken and remove skin. Pull chicken off bone in strips.

In a saucepan, combine olive oil, vinegar and walnuts. Cook until somewhat thickened and liquid is reduced.

Wash greens and tear into pieces. Place greens on four salad dishes, then arrange chicken on each plate of greens. Pour oil–vinegar mixture on top.

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## Sugar Snap Salad

---

4 cups bibb (or butter) lettuce  
4 cups sugar snap peas, string removed  
3 tablespoons minced shallots  
4 teaspoons sherry vinegar  
salt and black pepper, to taste  
7 teaspoons extra-virgin olive oil  
1/2 cup roughly chopped fresh basil  
3 tablespoons chopped italian flat leaf parsley

Wash and dry the lettuce and tear into bite-sized pieces. Make the vinaigrette by combining the shallots, vinegar, salt, pepper and olive oil and set aside.

Make an ice bath by filling a large bowl with ice and cold water and set that aside.

In a large pot, blanch peas in boiling water for about 3 minutes, until peas are bright green and cooked but still crunchy. Immediately, drain the peas and plunge into the ice bath.

Once the peas have cooled and stopped cooking remove them from the ice bath. Remove excess water from peas by blotting with a paper towel. Up to this point, the salad can be made a day in advance, refrigerated as separate components. Use the lettuce to line the bottom of a serving dish and add peas, basil, and parsley to another bowl. Add vinaigrette and toss. Put this mixture on top of the lettuce and serve immediately.

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## **Fruit Salad with Champagne Sauce**

---

- 1 cup kiwi, peeled and cut into 1/4 inch cubes
- 1 cup figs, peeled and cut into 1/4 inch cubes
- 1 cup grapes, sliced in half
- 1 cup fresh strawberries, sliced in half
- 1 cup fresh raspberries
- 2 egg yolks
- 1/3 cup granulated sugar
- 1 cup Champagne

Heat broiler to its highest setting.

Divide the cut fruits into 4 soup plates, arranging them decoratively. Make sauce by combining egg yolks and sugar in a mixing bowl. Whisk briskly until the yolks begin to turn a light lemony color. Add the Champagne a little bit at a time, whisking constantly until well blended.

Place the mixing bowl in a pot or pan and pour about 1 inch of water around it. Bring the water to a simmer and continue to whisk vigorously until the mixture becomes light and foamy. Once the mixture starts to thicken, remove the bowl from the heat. Do not overcook. Continue to whisk for 10 seconds.

Pour equal amounts of sauce over each fruit salad. Place the plates under the broiler about 3 inches from the source of heat and allow them to cook just until they are lightly browned on the surface, rotating as needed.

Serve immediately with remaining Champagne to accompany.

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## **Mushroom Antipasto Pasta Salad**

---

4 cups pasta, cold, cooked  
2 cups white mushrooms, sliced  
1 cup roasted red peppers, chopped  
1 cup salami, cut into bite-size pieces  
1 cup provolone cheese, cut into bite-size pieces  
1 jar (6 ounces) marinated artichoke hearts, (with liquid)  
1/4 cup Italian dressing  
salt and pepper, to taste  
1/2 cup chopped fresh basil

To the pasta, add the mushrooms, peppers, salami, cheese, and artichoke hearts with liquid. Mix in Italian dressing; season with salt and ground black pepper to taste. Top with chopped basil. Allow flavors to blend for at least 30 minutes before serving.

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## Grilled Caribbean Chicken Salad

---

4 boneless, skinless chicken breast halves  
1/2 cup teriyaki marinade (store bought)  
4 cups chopped iceberg lettuce  
4 cups chopped green leaf lettuce  
1 cup chopped red cabbage  
5.5 oz. can pineapple chunks in juice, drained  
tortilla chips

### PICO DE GALLO:

2 medium tomatoes, diced  
1/2 cup diced spanish onion  
2 tsps. chopped fresh jalapeno pepper, seeded and de-ribbed  
2 tsps. finely minced fresh cilantro  
pinch of salt

Combine all ingredients in a small bowl. Cover and chill.

### HONEY LIME DRESSING:

1/4 cup Grey Poupon dijon mustard  
1/4 cup honey  
1-1/2 Tbsps. sugar  
1 Tbsp. sesame oil  
1-1/2 Tbsp. apple cider vinegar  
1-1/2 tsps. lime juice

Blend all the ingredients in a small bowl with an electric mixer,  
Cover and chill.

Marinate the chicken in the teriyaki for at least two hours. Use a resealable plastic bag. Put in fridge. Preheat outdoor or indoor grill. Grill the chicken for 4-5 mins. per side or until done. Toss the lettuces and cabbage together and divide into 2 large serving size salad bowls. Divide the pico de gallo and pour in equal portions over the two bowls of greens. Divide the pineapple and sprinkle on salads. Break tortilla chips into large chunks and sprinkle on salads. Slice the grilled chicken into thin strips and divide among bowls. Pour the dressing into two small bowls and serve with the salads.

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## Spicy Fruit Salad

---

- 1 – 16 ounce can of peaches
- 2 – 3 inch long cinnamon sticks
- 3/4 teaspoon of allspice
- 2 large navel oranges
- 2 large pink grapefruits
- 1 small pineapple
- 2 pints of strawberries
- 3 kiwi fruits
- 2 tablespoons of crystallized ginger root

Drain syrup from the peaches into a small saucepan. Place peaches in a large bowl. Over medium–high heat, heat syrup, cinnamon, and ground allspice to boiling. Reduce heat to low; cover and simmer 10 minutes. Set syrup mixture aside to cool while preparing fruit.

Grate peel from 1 orange, set aside. Cut peel from oranges and grapefruits. To catch juice, hold fruit over bowl with peaches and cut sections from oranges and grapefruits between membranes; drop sections into bowl. Cut peel and core from pineapple; cut fruit into 1/2 inch chunks. Add pineapple to fruit in bowl. Pour syrup mixture over fruit in bowl. Add grated orange peel; toss. Cover and refrigerate until ready to serve.

Just before serving, hull strawberries; cut strawberries in half if large. Cut peel from kiwi. Slice each kiwi lengthwise into 6 wedges. Toss strawberries and kiwi with fruit mixture. Place in serving bowl and sprinkle with crystallized ginger.

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