



SALAD

RECIPE CONTEST ENTRIES
2019

Spinach with a fruity kick

Christine Alana Murrell

INGREDIENTS

2 cups of fresh spinach — 14 calories

2 cups of cubed mangos — 196 calories

1 cup of slice avocado — 234 calories

2 cups of strawberries — 108 calories

2 tablespoons of raspberry dressing — 60 calories

DIRECTIONS

Wash spinach if it did not come in a package. Put spinach in a large enough bowl to hold it.

Place cubed mangos on top of spinach, and then slice avocados and strawberries. Pour dressing on the salad.

You have a tasty healthy salad.

1 serving

Total calorie: 612

You can double this recipe or reduce to a smaller size by cutting everything but the avocado in half. I double everything but the avocado. The dressing is Kraft dressing, but any brand will do.

Spicy pesto-hummus salad

Vishank Shah

INGREDIENTS

1 cup lettuce/salad greens

4-5 tofu pieces

8-10 mushroom pieces

Carrots OR bell peppers OR cherry tomatoes

1 tablespoon pine nuts

1 tablespoon hummus

1 tablespoon plain yogurt

1 tablespoon pesto sauce

1 teaspoon sriracha

Salt + pepper for seasoning

DIRECTIONS

Toss in a bowl and serve.

Total calories: about 500 calories

Bean Salad – Have It Your Way

Allison Streepey

This recipe is made with what you have, or what you like, so you can fix it the way you want. Canned and/or frozen beans work. It takes about 15 minutes to make and serves four to eight people depending on how much you add.

INGREDIENTS/DIRECTIONS

Basics:

In a big bowl, add your favorite three beans (choose no-salt, wash and drain):

Dark red kidney beans

Green beans

Wax beans

Add onions – any kind, chopped

And dressing of your choice – can be bottled – Italian, Greek, oil & vinegar, or make your own

Dressing:

Extra virgin olive oil

Red wine vinegar (or apple cider vinegar, balsamic vinegar, rice wine vinegar)

Squeeze some lemon in it

And powdered ranch or italian dressing

Salt and pepper

Whisk well, pour over beans, stir well, and chill. Tastes better the next day.

How I like it, add some more fun ingredients:

A different kind of onion too – if you used purple, add green

Black beans

Chickpeas

A little corn

Edamame

Sweet peas or green peas

Black olives

Green olives with pimento

Pimentos, fresh or roasted red peppers

Any color bell peppers

Some capers

A little more garlic

Chopped fresh zucchini and/or yellow squash

Carrots and/or celery

Roasted vegetables

Can decorate the top with:

- A little meat (pepperoni or chopped ham)
- Cheese (goat, feta, cheddar, parmesan)
- And/or some Croutons.

This will keep in the fridge for 4 days. This goes exceptionally well with pimento cheese sandwiches – made with what you have or what you like.

Favorite salad for summer

Tina Ridge

INGREDIENTS

5 ears of corn, shucked

½ cup small, diced red onion (1 small)

3 tablespoons of cider vinegar

3 tablespoons of olive oil

½ teaspoon of kosher salt

½ teaspoon of freshly ground black pepper

½ cup julienned fresh basil leaves

DIRECTIONS

1. In a large pot of boiling, salted water, cook the corn for 3 minutes until the starchiness is just gone. Drain and immerse it in ice water to stop the cooking and to set the color. When the corn is cool, cut the kernels off the cob, cutting close to the cob.
2. Toss the kernels in a large bowl with the red onions, vinegar, olive oil, salt and pepper. Just before serving, toss in the fresh basil. Taste for seasonings and serve cold or at room temperature.

Secret Hot Body Salad

Jimie Jarry

INGREDIENTS

Hearts of palm

Cucumber

Tomatoes

Avocado

Juice from lemon

Olive oil

Salt

DIRECTIONS

Slice the hearts of palm and other veggies, combine in bowl, and then toss with lemon juice, olive oil, salt and pepper.

This recipe is prepared to taste, so it is a little different for everyone depending on preference, but always a home run!

Erika's Summer Chicken Salad with Sherry Vinaigrette

Leigh Austin

Serves 4-5

INGREDIENTS

Salad:

1 rotisserie chicken, your preferred seasoning, cooled
1 pint fresh blueberries, rinsed
4 radishes, halved and thinly sliced (soak in water to reduce bitterness)
2 peaches, thinly sliced
2 shallots, thinly sliced
1/4 cup sherry vinegar
4 ounces crumbled goat cheese
5 ounces package spring mix lettuces
1 cup pecan pieces

Dressing:

1/2 cup olive oil
1/4 cup sherry vinegar
2 tablespoons of honey - to taste
Salt/pepper - to taste

DIRECTIONS

Separate rotisserie chicken and shred into pieces, placing meat in a bowl. Set aside.

Place shallots in a bowl with sherry vinegar for about 20 minutes to lightly pickle.

After 20 minutes, strain shallots and add to BIG bowl, along with all salad ingredients.

Place all salad dressing ingredients in a mason jar and shake vigorously to combine. Add seasoning/honey to adjust flavors as needed.

Pour dressing over salad and lightly toss with tongs to combine all ingredients.

Serve immediately with toasted sliced baguettes, and enjoy!

Orzo Salad- WINNER!

Teresa Whitley

INGREDIENTS

1½ cups orzo (about 10 ounces)

1/3 cup (packed) chopped, drained oil-packed sun-dried tomatoes

5 tablespoons extra virgin olive oil

1/4 cup balsamic vinegar

1/4 cup (packed) chopped Kalamata olives or other brine cured black olives

1 cup finely chopped radicchio (about 1 small head)

1/2 cup pine nuts, toasted

1/2 cup chopped fresh basil

1/2 cup freshly grated parmesan cheese

2 large garlic cloves minced

DIRECTIONS

Cook orzo in pot of boiling hot salted water until just tender, but still firm. Drain well. Transfer to a large bowl. Add sun-dried tomatoes, oil, vinegar and olives. Toss to blend. Let stand until cool. Can be prepared 6 hours ahead. Cover and refrigerate. Bring to room temperature before continuing. Mix chopped radicchio, pine nuts, chopped basil, cheese and garlic into orzo mixture. Season salad to taste with salt and pepper and serve.

TANG FRUIT SALAD

Sharon Howard

INGREDIENTS

1 package vanilla instant pudding

3 tablespoon Tang

1 large can pineapple chunks

1 large can chunky light fruit

1/2 banana, sliced (if desired)

(Fresh fruit may be substituted)

DIRECTIONS

Mix pudding and Tang in bowl. Add juice from pineapple and mix well. Drain juice from other fruit and discard. Add pineapple, mixed fruit and banana; mix well. Cover and refrigerate. Makes approximately 6 servings.

Roasted Beet Salad

Phil Mayeux and Joe Nichols

INGREDIENTS

Serves 8

6-8 medium-size beets, tops trimmed

4 teaspoons olive oil

2 teaspoon balsamic vinegar

3 teaspoon freshly squeezed orange juice

1/2 teaspoon freshly ground black pepper

4 teaspoons fresh tarragon (may substitute parsley but won't be as unique in flavor), stems discarded before measuring, chopped finely

2.5 ounces strong goat cheese, diced into 1/8-inch cubes

1/2 cup toasted walnuts

2 heads of bib lettuce (enough for 16 leaves)

DIRECTIONS

Roast whole beets in their skin for 1 1/2 to 2 hours at 425 degrees F (longer if they are more than 3 inches in diameter). To avoid a messy oven, place beets on a cooling rack inside a rimmed sheet pan lined with aluminum foil to catch the natural juice drippings.

Remove from oven and allow to cool.

Peel off and discard skin, and then slice and dice beets finely.

Combine oil, vinegar, orange juice, pepper, and tarragon in a bowl. Add beets, cheese, and nuts and toss gently.

To serve, place 2 overlapping lettuce leaves on a plate and sprinkle lightly with kosher salt and pepper and a drizzle of olive oil. Spoon small mound of beet salad onto the center of the leaves.

Grilled Corn Salad

Phil Mayeux and Joe Nichols

INGREDIENTS

Serves 6

8 ears fresh corn, shucked, (peaches and cream preferred)

3/4 cup olive oil

1 tablespoon fajita seasoning

1 red bell pepper, chopped

1/2 red onion, chopped

1/3 cup finely chopped cilantro

Juice of 1 lime

Juice of 1 orange

3 jalapeno peppers, seeded and chopped finely.

1 can of black beans, rinsed and drained

Salt and pepper to taste

DIRECTIONS

Combine olive oil and fajita seasoning.

Grill corn over hot coals, basting often with seasoned olive oil. Turn frequently until kernels are starting to evenly brown.

Cool corn, and then cut from the cob.

Combine remaining ingredients with corn. Toss well and refrigerate for several hours, stirring occasionally.

Indian Salad

Indu Soora

Ingredients

1/2 cup sprouted mung beans (Dry mung can be bought at Indian grocery stores or Whole Foods)

1/2 cup red onion or sweet onion diced

1/2 cup cucumber diced

1/2 cup tomatoes diced

1/2 cup carrots grated

1 tablespoon lime or lemon juice

1 tablespoon cilantro to garnish

Salt and pepper to taste

1/2 cup corn

Green chillies - 2 finely chopped (optional)

1 table spoon finely chopped mint (optional)

Delicious salad made with sprouted mung bean, diced tomatoes, cucumber, and onion, garnished with cilantro and lemon juice. Optional green chilies for those who like dishes spicy and full of flavor! This can be eaten as salad or a snack. This used to be my favorite summer dish when my mom used to make it while growing up in India.

DIRECTIONS

If you cannot find sprouted mung, you can make it at home by washing and soaking dry mung in water overnight. Next day, wrap and tie it in a wet cheese cloth and leave it in air tight container in the oven with light on for 24 hours. Please feel free to google for how to sprout mung as there are different ways to do it.

Mix the sprouted mung beans with the tomatoes, red or sweet onion, cucumber and carrots. Sprinkle with the salt and pepper. I have used red pepper in this recipe. But you can use black pepper or finely chopped green chillies. Pour the lime juice and mix well. Feel free to put optional ingredients if you wish. Garnish with cilantro. Enjoy!

It is high protein salad with fresh vegetables. Can be eaten as a delicious healthy snack also!

Mexican Salad

Suzanna Carlisle

INGREDIENTS

Mixed lettuces of your choice, washed and dried

Cherry tomatoes, halved

½ bunch green onions, chopped

1-2 carrots, grated or chopped

1-15oz can black beans, rinsed and drained

1 mango, peeled and chopped

1-2 avocados, peeled and diced (wait to add last so they don't turn brown)

¼ bunch fresh cilantro, chopped

Thin tortilla strips (found in the crouton section of the grocery store)

Honey-Lime Mexican Dressing

¼ cup fresh lime juice

2 tablespoon canola oil

2 tablespoon extra virgin olive oil

2 tablespoon honey

½ teaspoon cumin

1 clove garlic, minced

½ teaspoon sea salt (or to taste)

Pepper (to taste)

DIRECTIONS

Mix all vegetables in a salad bowl. Add beans, mango and avocado just prior to serving. Drizzle with honey-lime dressing and toss. Garnish with fresh cilantro and tortilla strips.

Watermelon Salad

Rob Tolleson

INGREDIENTS

Serves 8

8 cups cubed seedless watermelon

½ cup mint cut into thin ribbons

1 medium jalapeño, seeds and membranes removed, diced into tiny cubes

½ cup reduced fat feta cheese

¼ cup of juice from 2 large limes - if needed, add a touch of white vinegar to reach a full ¼ cup.

¼ teaspoon Kosher salt

⅛ teaspoon black pepper

DIRECTIONS

In a large bowl combine watermelon cubes, mint, jalapeño, and feta cheese. Pour over the lime juice and sprinkle with salt and pepper. Stir well. Serve cold.

Notes

The salt in this salad will draw out the liquid in the watermelon making a rather soupy broth. If you are not going to serve the salad immediately, hold the feta and salt until right before serving. You may also serve the feta on the side.

With the cheese on the side, you may be tempted to spoon some of the juices from the salad into a glass of soda to make a unique mock-tail — do it!

Chicken Strawberry Salad

Moniqueca Helms

INGREDIENTS

1 bunch fresh spinach (rinse and dry)

1 pint sliced strawberries

2 large boneless skinless chicken breast cube or cut into strips depending on preference

2 tablespoons olive oil

4 ounces of goat cheese (may substitute with favorite soft white cheese)

4 tablespoons balsamic vinaigrette

6 ounces pecans candied or plain (optional)

DIRECTIONS

Place two ounces of olive oil into a skillet over medium heat. Place cut chicken into skillet and cook, stirring until the chicken is brown and no longer pink in the center. This will take about 10 minutes. During last 2 minutes of cooking add two tablespoons of balsamic vinaigrette and allow to simmer. Remove chicken to a bowl and let cool.

Place the spinach into a bowl and add strawberries, cheese, and pecans. Drizzle remaining balsamic vinaigrette over salad. Add chicken. Can be served slightly warm or chilled.

Fruit Salsa Salad

Sajni Kumpuris

INGREDIENTS

2 navel oranges

Zest of one lime

2 red delicious apples

1 teaspoon of salt (taste and adjust as needed)

3 plums

1 teaspoon of sugar

1 English seedless cucumber

Juice of 1-2 limes (taste and adjust)

1/2 medium red onion

3 tablespoons of good balsamic vinegar

Put in a bowl and add:

1 cup of chopped cilantro

DIRECTIONS

Cut fruit into small bite size pieces. Mix all ingredients well and let sit in fridge for 15 minutes or longer.

United Nations Salad Bowl

Pamela Christie

INGREDIENTS

Add a protein such as chicken, fish or black beans to the salad and add the following:

¼ cup crumbled feta cheese

¼ cup chopped cucumbers and white onions that have been dressed in vinegar, water and oil

¼ cup chopped tomatoes

¼ cup pickled red cabbage

2 tablespoons of sliced almonds

2 tablespoons of chopped olives (mix of green and Kalamata)

Two slices of avocado

DIRECTIONS

Mix everything together and dress it to taste with olive, balsamic vinegar and black pepper.

Serving size bowl of lettuce of your choice, and it is even more interesting to mix up several types of greens (spinach, kale, romaine, etc.)

Chicken Taco Salad

Catherine Buzbee

INGREDIENTS

SALAD

2 cups of cooked chicken (I use rotisserie chicken)

1 package of Southwestern chopped salad mix

Cherry tomatoes, cut in half

Cucumber, sliced and quartered

Celery chopped

1 cup of corn kernels (canned, frozen or roasted and cut off the cob)

½ cup sliced black olives

1 cup of red kidney beans or black beans (rinsed)

¾ cup of shredded cheddar cheese

Dressing

Light ranch dressing

Dressing packet from salad mix

Chili powder (to taste)

Garnish

1 oz. of nacho-flavored Doritos

DIRECTIONS

Make the dressing by mixing the dressing packet from the salad mix with some light ranch dressing OR mix light ranch dressing with chili powder to taste.

Combine the Southwestern chopped salad mix, tomatoes, cucumber, celery, corn, olives, beans chicken and cheese, pour dressing over top and toss well to coat the salad to your liking. (I like mine a little dryer).

Crush up Doritos and sprinkle over the top before serving.

Makes 6 generous servings.

Catalina Taco Salad

Kim Drake

INGREDIENTS

½ cup Catalina dressing

2 teaspoon chili powder

2 teaspoon cumin powder

2 teaspoon garlic powder

8 cups of torn romaine lettuce

1 cup of corn chips

¾ cups of shredded sharp cheddar

½ cup chopped red onion

1 can of drained pinto beans

1 can of drained Mexican corn

1 tomato, chopped

1 med avocado

DIRECTIONS

In a large serving bowl, add romaine lettuce, corn chips, sharp cheddar, red onion, drained pinto beans, Mexican corn, and chopped tomato. Sprinkle chili, cumin and garlic powder, add chopped avocado and Catalina dressing and lightly toss the salad.

Mediterranean Salad

T. Faye Bard

INGREDIENTS

- 3 tablespoons extra-virgin olive oil, plus 1/4 cup
- 2 cloves garlic, minced
- 1 (1-pound) box Israeli couscous (or any small pasta)
- 3 cups chicken stock
- 2 lemons, juiced
- 1 lemon, zested
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup chopped fresh basil leaves
- 1/2 cup chopped fresh mint leaves
- 1/4 cup dried cranberries
- 1/4 cup slivered almonds, toasted

DIRECTIONS

In a medium saucepan, warm 3 tablespoons of the olive oil over medium heat. Add the garlic and cook for 1 minute. Add the couscous and cook until toasted and lightly browned, stirring often, about 5 minutes. Carefully add the stock, and the juice of 1 lemon, and bring to a boil. Reduce the heat and simmer, covered, until the couscous is tender, but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain the couscous.

In a large bowl, toss the cooked couscous with the remaining olive oil, remaining lemon juice, zest, salt, and pepper and let cool.

Once the couscous is room temperature, add the fresh herbs, dried cranberries, and almonds. Toss to combine and serve.

Cilantro-Lime Avocado Shrimp Salad

Kylie Hayes

INGREDIENTS

Salad

5 ounces (one package) of Baby Arugula

5 ounces or about 3/4 cup of petite golden cherry tomatoes or red cherry tomatoes also work!

1 medium ripe haas avocado

1/2 lb (8 ounces) chilled, cooked shrimp

1/2 bunch of cilantro

Dressing

Juice of 1 lime

Zest of 1 lime

1-2 tablespoons olive oil

pinch of salt

1 teaspoon of chili powder (or Trader Joe's Chili Lime seasoning)

1 tablespoon chopped cilantro

honey to taste

DIRECTIONS

Dressing:

In a small bowl or measuring cup, zest one full lime using a zester. Squeeze the juice of the zested lime into the measuring cup. Add 1 teaspoon of salt and 1 teaspoon of chili powder or Trader Joe's Chili Lime seasoning. Add 1 tablespoon of chopped cilantro. Add 1-2 tablespoon of olive oil or oil of your choosing. Stir vigorously. Add honey to dressing to taste. You will likely need 2-3 tablespoon or reach a zesty tangy sweetness. If you are looking for a lower calorie option, Stevia can act as a substitute for honey.

Salad:

Using a cutting board, cut the cherry tomatoes in half, set aside

Finely chop about 1/3 cup of cilantro. Add 1 tablespoon of the chopped cilantro to the salad dressing, saving the remaining for the salad

Using the same cutting board, remove the tails of the shrimp and cut each shrimp in half, set aside

Pour salad dressing over top of the arugula. Add the remaining chopped cilantro. Stir with spoon or salad tongs until all leaves are evenly coated. Move arugula to the dishes you wish to use.

Cut the avocado in half. Remove the pit. Using a butter knife, make four cuts length-wise and four cuts width-wise so that the avocado is scored to the flesh. Use a spoon and scoop the avocado along the flesh so that the 16 pieces pop out on to the spoon. Slide the diced avocado on top of the arugula. Repeat with the other half of the avocado on the other plate. Squeeze any remaining lime juice on top of the avocado.

Top the rest of the salad with the cut shrimp and cherry tomatoes. Serve.

Frito Taco Salad with Catalina Dressing

Jo Ann Grace

INGREDIENTS

8 to 10 cups of romaine or iceberg lettuce, chopped.

$\frac{3}{4}$ to 1 pound of lean ground beef or turkey, cooked.

1 package of taco seasoning

1 can of black or pinto beans

1 cup of corn

2 tomatoes, chopped.

1 1/2 cups of shredded cheese

Catalina dressing (use your judgement on the amount)

DIRECTIONS

In a bowl, combine the ingredients listed above.

Optional: chopped green onions or black olives.

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