

Cornucopia Cool Chef Recipes



Week 4 – Spectacular Salads

Popeye's Italian Salad

Spinach is the base for this salad. Its dark green color screams healthy antioxidants, and as we know from Popeye, it's also a rich source of iron. SERVINGS: 4.

Ingredients:

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| 12 oz bag | Organic baby spinach (or 6 cups) |
| 1 large | Apple, scrubbed, peeled and diced |
| ½ cup | Raisins or other dried fruit |
| ¼ cup | Walnuts or Toasted almonds or sesame seeds |
| | Italian Dressing |
| 3 Tbs | White Wine Vinegar |
| 1 small squirt | Dijon mustard |
| ¼ cup | Olive oil |
| ½ tsp | Onion powder |
| 1-2 cloves | Minced garlic |
| ½ tsp each | Thyme, basil and oregano |
| to taste | Salt & Pepper |

*adapted from www.chopchopmag.com and www.wellnessmama.com

Directions:

1. If opting to add toasted nuts or seeds, place these on a baking sheet in a preheated 350F oven for about 7-8 minutes or until fragrant. Set aside to cool.
2. For dressing, put all ingredients in a small jar and shake.
3. Place spinach, apple and raisins in a bowl. Top with nuts (optional) and toss with dressing.

Sailor Salad

You've heard about sailors who ate limes to avoid getting scurvy? Well, this salad also would have kept them free from Vit. C deficiency. It adds beautiful color to the meal, as well, and it is great source of beta carotene for supreme night vision. Yields: 4 servings.

Ingredients:

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| 3 large | Carrots, scrubbed and peeled (optional) |
| 1 | Lime, juiced plus zest from ½ of lime |
| 1 tsp | Honey |
| ½ cup | Fresh mint leaves, chopped |
| 1/3 cup | Roasted peanuts (optional) |
| ½ tsp | salt |

*adapted from www.chopchopmag.org

Directions:

1. Grate carrots on large hole of box grater into a bowl.
2. In a separate bowl, combine lime juice, zest, honey, salt, mint and peanuts. Pour over carrots and toss.
3. Taste the salad. Does it need more lime? Honey? Salt? Adjust as needed.

Mean Green Salad

A super accompaniment to any lunch or supper. Feel free to explore additions of all colors! Yields 4 servings

Ingredients:

| | |
|--------------|------------------------------------|
| 1 small head | Romaine lettuce, washed and torn |
| 5 oz bag | Fresh baby lettuce (or spring mix) |
| 1 small | Cucumber, scrubbed and diced |
| ¼ cup | Celery, diced |
| ½ | Avocado, diced (optional) |
| 15-20 | Green grapes |

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| | Ranch Dressing |
| ½ cup | Lowfat plain Greek yogurt |
| 2 Tbs | Lowfat milk or buttermilk |
| 2 Tbs | Olive Oil |
| 1 Tbs | White vinegar |
| ½ tsp | Dijon mustard |
| 1 tsp | Chopped onion |
| ½ tsp | Chopped garlic |
| 1 Tbsp | Chopped dill, chives or parsley |

*Adapted from laylita.com

Directions:

1. Make dressing first as it needs time to sit for flavors to intensify. Put yogurt and milk in a mixing bowl. Whisk to combine well. Drizzle in oil and mix again. Add everything else and mix. Cover and refrigerate for at least 1 hour. Can store in refrigerator for up to 3 days.
2. For salad, put all ingredients in a bowl and toss well.
3. After dressing has sat, top salad with ¼ cup dressing and toss again.

Your Way Salad Dressing

Why buy store bought dressing when it's healthier and cheaper to make at home. Start with a basic vinaigrette base (olive oil plus vinegar or lemon juice) and then play around with adding whatever seasonings complement the rest of your meal. Check out some of the varieties listed below but experiment until you find one you like best. Yields: ¾ cup

Ingredients:

| | |
|-----------|------------------------------|
| ½ cup | Olive oil |
| ¼ cup | Vinegar or fresh lemon juice |
| 2 pinches | Salt |

Varieties

Greek – Use fresh lemon juice and add 1 tsp dried oregano.

Italian – Add ½ tsp dried basil.

Latin American – Use fresh lime juice instead of lemon or vinegar and add ¼ tsp chili powder.

Asian – use rice vinegar, substitute soy sauce for salt and add ½ tsp each of sesame oil, minced garlic and freshly grated ginger.

**Adapted from chopchopmag.org*

Directions:

1. Put all ingredients in a jar. Seal the lid and shake, shake, shake.
 2. Taste dressing on a small lettuce leaf or other veggie. Add whatever else you think dressing might need.
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