

# THE BRIEFTONS

# A TO Z GUIDE OF

# SALAD RECIPES





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## APPLE CIDER SALAD



2 packages	gelatin powder -- unflavored
2 cups	apple cider
1/4 teaspoon	salt
2 cups	apples -- diced
1/4 cup	black walnuts -- chopped
1 tablespoon	chopped parsley
	cooking oil
	lettuce leaves -- for decoration

1. Put 1/2 cup cold water into a small bowl. Sprinkle two envelopes (2 tablespoons) of unflavored gelatin on water. Let stand 5-10 minutes to soften.
2. Heat 2 cups apple cider until very hot; add salt. Remove from heat and immediately add softened gelatin. Stir until gelatin is completely dissolved. Have a 1 quart mold lightly greased with cooking oil. Do not use olive oil. Spoon about 1/2 cup of gelatin mixture into mold and place in refrigerator.
3. Chill remaining mixture until slightly thicker than consistency of unbeaten egg white. Just before large bowl of gelatin is desired consistency, dice apples and chop walnuts and parsley. Add this to the gelatin and place into the mold which already has thin bottom layer of gelatin. Chill until set.
4. Unmold onto serving plate which has been decorated with lettuce leaves; curly endive is a good choice.



## AVOCADO WITH GROUNDNUT DRESSING



2	avocados -- ripe
1 tablespoon	lemon juice
2 tablespoons	peanuts -- shelled
1/2 teaspoon	paprika
1/2 teaspoon	cinnamon
	cayenne -- to taste
	salt -- to taste
	fresh chives -- to garnish

Peel the avocados; cut out the stone and cut into cubes. Sprinkle with lemon juice and set aside. Grind the peanuts roughly with a rolling pin or in a grinder for a few seconds. Mix the peanuts and spices well. Sprinkle over the avocados with finely chopped chives.

Refrigerate until ready to serve.



## BAVARIAN POTATO SALAD



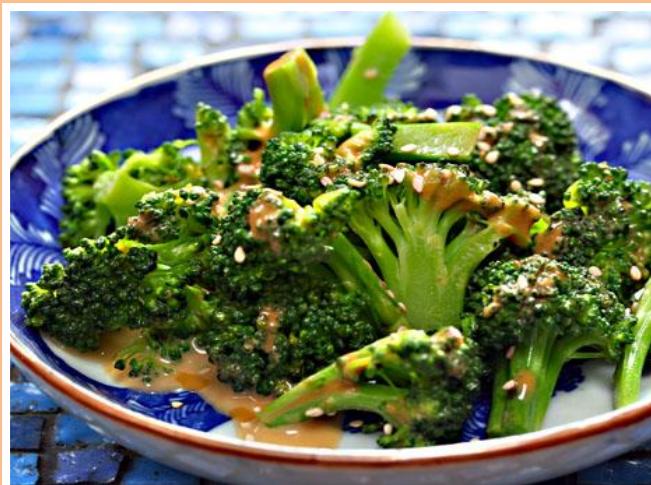
4 cups	Potatoes -- *
2 cups	Chicken broth -- **
1/2 teaspoon	Salt
1/4 cup	Vegetable oil
1/3 cup	Onion – chopped
1/2 teaspoon	Sugar
2 tablespoons	Lemon juice
	Pepper -- as desired

\*Potatoes should be peeled and sliced 1/4-inch thick. \*\* Chicken broth may be either home made or commercial.

Boil potatoes in broth with 1/4 t salt for 5 to 8 minutes, until tender. Drain. Toss warm potatoes with vegetable oil and onions. Dissolve remaining 1/4 t salt and the sugar in lemon juice. Pour over potatoes. Marinate salad 1 to 2 hours before serving. Serve at room temperature.



## BROCCOLI SESAME SALAD



1	head	broccoli
2	tablespoons	olive oil
1/4	cup	rice wine vinegar
1/4	cup	soy sauce
2	tablespoons	sesame oil
4	tablespoons	sesame seeds -- toasted

Wash broccoli, discarding leaves and toughest part of stem. Blanch entire head in boiling water for one minute. Rinse under cold water. Break off florets and cut remaining stem (peeled, if desired) into 2" pieces.

Preheat oven to 450 degrees. Pour olive oil onto a baking sheet.

Spread broccoli pieces in one layer, turning to coat with olive oil. Roast at 450 degrees for 5 minutes, turn broccoli pieces over, and continue roasting until broccoli begins to brown, about 5 minute more.

Whisk together soy sauce, vinegar, and sesame oil. Stir in 3 tablespoons sesame seeds. When broccoli is done, transfer to a bowl and pour dressing over it, stirring gently to coat. Sprinkle with remaining tablespoon sesame seeds. Serve warm or at room temperature.



## CREAMY FRUIT SALAD



1	cup	Strawberries -- quartered
1	cup	Cantaloupe -- chunked
6	each	Strawberries -- whole
1	each	Apple -- cored and chopped
20	each	Grapes -- seedless green
1/2	cup	Pineapple -- chunked
1/2	cup	Mandarin orange sections*
1 1/2	cups	Topping*
2	tablespoons	Coconut -- shredded & toasted

In 2 quart bowl combine fruits except whole berries; cover with plastic wrap and refrigerate until well chilled, at least 2 hours. To serve: into each of 6 parfait or sundae glasses spoon 2 T whipped topping\* (thawed frozen non-dairy) and top each portion with 1/4 c. fruit mixture. Top each portion of fruit with 1 T whipped topping, then an equal amount of remaining fruit mixture. Spoon 1 T whipped topping onto each portion of fruit, sprinkle with 1 t coconut, and garnish with 1 berry.



## CURRIED CHICKEN & MANGO SALAD



2	quarts	Water
4		(4 Oz.) Boneless -- Skinned Chicken Breasts
3/4	cup	Plain Yogurt
1	tablespoon	Lime Juice
1	tablespoon	Honey
1	teaspoon	Curry Powder
1/8	teaspoon	Salt
1/2	teaspoon	Pepper
1	cup	Peeled Cubed Mango -- Papaya OR Pineapple
4		Lettuce Leaves

Bring Water To A Boil in A Medium Saucepan. Add Chicken. Reduce Heat & Simmer 15 Min. OR Until Chicken Is Tender. Remove Chicken & Let Cool. Cut Into 1/2 in. Pieces & Set Aside.

Combine Yogurt, Lime Juice, Honey, Curry Powder, Salt & Pepper in A Medium Bowl. Mix Well. Add Mango & Reserved Chicken. Toss Well. Spoon Salad Onto Lettuce Lined Individual Serving Plates.



## DIAKON AND TUNA SALAD



3	cups	Daikon -- cut into 1 1/2, rub in 1/2 tbls of salt and drain
1/2	cup	Onion; thinly sliced -- soak in water for 10 minutes – drain
10		Okura -- rub in 1/2 tb salt cook, drain -- chopped
1	can	Tuna -- drained (keep 1 tb of the tuna for dressing *)
1 1/2	tablespoons	-----DRESSING-----
1 1/2	tablespoons	Rice vinegar
1	tablespoon	Soy sauce
		Juice from tuna* -- mix well

Put well-drained tuna flakes into a bowl and add daikon, onion and okura; mix well. Pour in dressing to the tuna mixture and mix. Toss and put into a serving platter and serve.



## DRUNKEN CHICKEN SALAD



4	Boned chicken breasts -- cook
1 cup	Sherry
1 teaspoon	Salt
1/2 teaspoon	Sugar
1	Head red leaf lettuce
1/2 cup	Cilantro -- (leaves) optional
3 tablespoons	Sesame seeds -- toasted golden
4	Scallions; w/green -- chopped

Cut cooked chicken breasts in half. Put in large bowl with wine, salt and sugar. Toss, cover and marinate for 24 hours in the refrigerator. Next day drain off marinade. Arrange lettuce leaves on serving platter; place chicken pieces in the center. Sprinkle with sesame seed, cilantro leaves, and scallions.



## ENDIVE, BEET AND RED-ONION SALAD



1/2 pound	Raw Beets -- trimmed
3 each	Heads of Belgian Endives
1 each	Red onion
1 tablespoon	Dijon Mustard
1 tablespoon	Red Wine Vinegar
3 tablespoons	Vegetable oil
4 tablespoons	Finely Chopped Parsley

Place the beets in a saucepan and add water to cover with salt. Bring to a boil until the beets are tender, about 30 minutes, depending on the size or age of the beets. Drain and let cool. Remove the skins and slice the beets. Trim off the bottom of the endives and cut them into 1 1/2 inch strips. Drop the pieces into cold water. Drain and pat dry. Peel and slice the onion. Combine the mustard, vinegar, salt and pepper in a salad bowl. Add the oil and blend well with a wire whisk. Add the beets, endive, onion and parsley. Toss well and serve.

Serves 4.



## ENDIVE-RADICCHIO SALAD



1 head	curly endive
1	radicchio
1 head	Belgian endive
3 tablespoons	sesame seeds
1 tablespoon	sesame oil
3 tablespoons	peanut oil
2 tablespoons	white wine vinegar
4 tablespoons	honey
1 tablespoon	soy sauce
	salt -- to taste
	black pepper

1. Prepare curly endive; remove stems and tear into small pieces. Prepare radicchio; shred. Prepare Belgian endive; julienne.
2. Combine in a large bowl all the greens and sesame seeds. Toss well and set aside.
3. In a small bowl combine the remaining ingredients; blend thoroughly.
4. Pour the dressing over the greens mixture and serve immediately or refrigerate, tightly covered, for a few hours.



## FLUFFY FRUIT SALAD



2 cans	(20 oz. ea.) crushed -- pineapple
2/3 cup	Sugar
2 tablespoons	Flour
2	Eggs -- lightly beaten
1/4 cup	Orange juice
3 tablespoons	Lemon juice
1 tablespoon	Vegetable oil
2 cans	(17 oz. ea.) fruit cocktail -- drained
2 cans	(11 oz. ea.) mandarin -- oranges, drained
2	Bananas -- sliced
1 cup	Heavy cream -- whipped

Drain pineapple, reserving 1 cup juice in a small saucepan. Set pineapple aside. To saucepan, add sugar, flour, eggs, orange juice, lemon juice and oil.

Bring to a boil, stirring constantly. Boil for 1 minute; remove from the heat and let cool. In a salad bowl, combine the pineapple, fruit cocktail, oranges and bananas. Fold in whipped cream and cooled sauce. Chill for several hours.



## FRENCH POTATO SALAD WITH TARRAGON VINAIGRETTE



2 1/2	pounds	red potatoes -- small, unpeeled
1	cup	fresh parsley -- chopped
1/2	cup	red onion -- chopped
		Pepper
		-----Tarragon Vinaigrette-----
1/3	cup	wine vinegar
2	tablespoons	olive oil
1	tablespoon	Dijon mustard
1/2	teaspoon	dried tarragon

Scrub potatoes. In a large pot of boiling water, cook potatoes until fork-tender; drain. Shake pan over medium heat for a minute to dry potatoes. Cut into 1/4-inch (5 mm) thick slices. In salad bowl, combine potatoes, parsley and onion. Tarragon vinaigrette: In a small bowl whisk together vinegar, oil, mutsrad and tarragon; mix well. Pour over warm potatoes and toss to mix. Season with pepper to taste. Cover and let stand at room temperature for at least 1 hour or refrigerate up to 3 days.



## GOLDEN GLOW SALAD



3	ounces	lemon gelatin
3/4	teaspoon	salt
1	dash	cayenne pepper
1	tablespoon	vinegar
1 1/2	cups	crushed pineapple -- drained
1	cup	carrots -- shredded
1/3	cup	pecans -- chopped
		lettuce

1. Dissolve gelatin in 1 cup boiling water. Add 1 cup cold water, salt, cayenne and a scant tablespoon of vinegar. Refrigerate until partially set.
2. Add crushed pineapple which has been well-drained, grated carrots and chopped pecans. Blend well.
3. Refrigerate at least 3 hours until firmly set. Cut into squares and serve on lettuce leaves.



## GREEN-BEAN SALAD



-----sour-cream sauce-----	
1 pound	Green beans -- fresh *
	-- boiling salted water
1/4 cup	Stock -- **
3 tablespoons	Vinegar
3 tablespoons	Vegetable oil
2 each	Onions; med. -- thinly sliced
1/2 teaspoon	Dried dillseed
1 teaspoon	Sugar

\* Green beans should be sliced lengthwise (French Cut). \*\* Stock is the water that the green beans were cooked in.

Cook beans in boiling salted water until just tender. Reserve 1/4 cup of the cooking liquid and drain off the rest.

Prepare sauce by combining vinegar, oil, reserved vegetable stock, onions, dill, and sugar; stir until blended. Pour mixture over beans; marinate several hours before serving.



## HARVEST SALAD WITH HONEY DRESSING



3 tablespoons  
3 tablespoons  
1/2 cup

--- Fruit: -----  
navel oranges  
grapefruit sections  
avocados -- sliced  
green grapes -- seedless  
red grapes -- seedless  
berries -- \* see note  
--- Dressing: -----  
honey  
orange juice -- or lime juice  
light whipping cream

\* Use berries of your choice. Some good ones to use in this salad are strawberries, raspberries, blackberries.

1. Prepare fruit by peeling oranges and grapefruits, then slice into thin slices, removing all white pith. Arrange decoratively on a large platter, leaving center free for dressing container.
2. Scatter green and red grapes on oranges and grapefruit. Place berries, a few in each group, around edges of salad. Tuck in slices of avocado here and there. Kiwi fruit can be used here for a colorful and delicious addition.

**DRESSING:** Chill bowl and beaters, then whip chilled cream until it piles softly. Blend honey and orange juice or lime juice. Beat the two mixtures together, only enough to combine well.

Pour dressing into a serving container and set in middle of fruit platter, or serve on the side.



## HERRING SALAD WITH SOUR CREAM SAUCE



-----sour-cream sauce-----	
1 cup	Sour cream
1/2 cup	Yogurt
	Lemon -- juice only
1/4 teaspoon	Sugar
-----salad-----	
2 each	Onions -- small
2 each	Apples; medium -- tart
8 each	Herring fillets -- marinated
2 teaspoons	Dill -- fresh or
1/2 teaspoon	Dillweed -- dried

**Sauce:** Blend thoroughly sour cream, yogurt, lemon juice and sugar.

**Salad:** Peel onions and cut into thin slices. Peel and quarter apples, remove cores and cut into thin wedges. Blend onions and apples with sauce.

In a dish arrange herring and apple-onion mixture in layers. Cover tightly and marinate in refrigerator for 5 hours. Sprinkle with dill before serving.



## IMPERIAL VALLEY SALAD BOWL



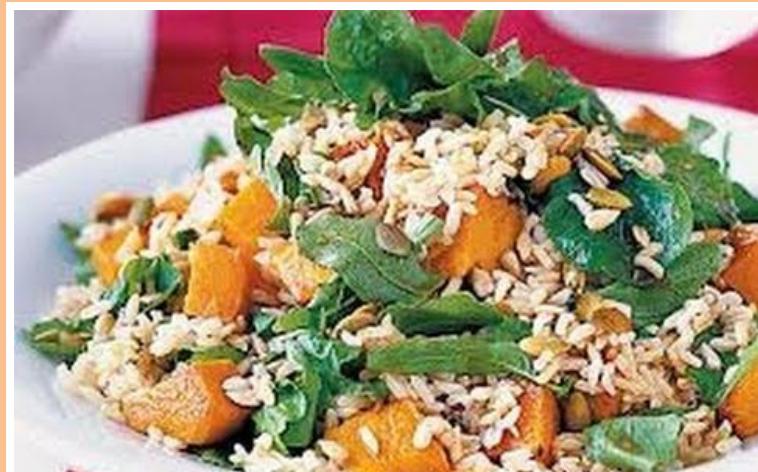
1 head	Romaine lettuce
1/2 cup	cheddar cheese, shredded
2	tomatoes
3	green onions
1/2 cup	black olives -- chopped
1/2 cup	jicama
1/2 cup	alfalfa sprouts
1/2 cup	beets -- sliced

1. Wash, dry and tear romaine into bite-size pieces. Put into a salad bowl. Sprinkle half the shredded cheese evenly over greens.
2. Prepare vegetables: chop tomatoes into bite-size pieces; slice green onions, using part of the green tops; cut jicama into thin strips; drain beets very thoroughly and cut into thin strips.
3. Layer all the vegetables and then black olives and alfalfa sprouts. Sprinkle remaining cheese over top.

**Optional:** 1/2 cup drained red kidney beans, chopped hard-boiled egg and some crisp croutons or broken corn chips placed on top of salad.



## ITALIAN ASPARAGUS RICE SALAD



1/4 cup	Parmesan cheese
1/4 cup	Italian-style breadcrumbs
4	Chicken breast halves -- - (boneless, skinless)
1 tablespoon	Olive oil
6 cups	Torn spinach leaves -- - stems removed
3 cups	Cooked rice -- cooled (cooked in chicken broth)
1 pound	Asparagus -- blanched and cut into 1" pieces
2	Plum tomatoes -- sliced
1/2 cup	Sliced red onion
1/3 cup	Walnuts -- toasted
2 tablespoons	Chopped fresh basil
2/3 cup	Vinaigrette salad dressing

Combine cheese and breadcrumbs in a medium bowl. Coat each chicken breast with breadcrumb mixture. Heat olive oil in skillet over medium-high heat until hot. Add chicken; cook and stir about 5 minutes until brown. Remove chicken; place in large bowl. Add spinach, rice, asparagus, tomatoes, onion, walnuts, and basil; toss well. Just before serving pour dressing over salad; toss to coat.



## JAYNE'S SESAME CUCUMBER SALAD



1 tablespoon	toasted sesame seeds -- 350°-5 minutes
1 tablespoon	sugar
1/4 teaspoon	salt
1 teaspoon	cornstarch
2 tablespoons	water
1/2 cup	rice wine vinegar
2 medium	cucumbers -- sliced thin or diced
1/2 cup	finely chopped celery

Blend liquids and cook until mixture comes to a boil, cook one minute more.

Add sesame seeds and cool. Sprinkle dressing over cucumbers and celery, chill well.



## JEANETTE'S STRAWBERRY JELLO MOLD



Soften 1 envelope plain gelatine in 1/4 cup water. Dissolve it and 2 packages (3 oz) strawberry jello in 2 cups boiling water.

### ADD:

1 large or 2 small packages frozen strawberries  
1 small can crushed strawberries  
1-2 diced bananas  
1 cup fine chopped nuts (optional-daughter disliked them so I left them out.)

### FILLING:

1 cup sour cream(will use LandoLakes nofat)  
1 package Dream Whip made up  
Combine well.

### METHOD:

Pour half of jello mix into mold and chill to allow to become fairly firm. Spread filling over jello and pour over that the rest of the jello. Allow to become very firm before unmolding- like overnight.



## KALTER KARTOFFELSALAT (COLD POTATO SALAD)



6	each	Potatoes -- Large *
		-- Boiling Water
1/2	teaspoon	Salt
1	each	Onion; Medium -- Minced
3	tablespoons	Vinegar
1/2	teaspoon	Mustard -- Prepared
1	teaspoon	Sugar
2	teaspoons	Dillseed

\* Potatoes should be peeled and quartered.

In medium saucepan cook potatoes in boiling salted water until tender. Drain, reserving 3/4 cup of potato water. Dice potatoes. Add oil and minced onion; toss gently. In small saucepan bring the 3/4 cup potato water to a boil; pour over potatoes and onion. Keep at room temperature for 2 to 3 hours.

Stir in vinegar, mustard, sugar, and dillseed.

Potato salad will be creamy. Serve at room temperature.



## KFC COLESLAW



1	Cabbage -- shredded
1/4 cup	Sugar
1 cup	Carrots -- shredded
1/2 teaspoon	Salt
1/4 teaspoon	Pepper
1/2 cup	Milk
1 cup	Mayonnaise
1/2 cup	Buttermilk
1/2 teaspoon	Celery seed
2 drops	Tabasco -- or to taste
3 tablespoons	Onions -- dry minced

Slice cabbage paper thin, and toss lightly with sugar, shredded carrots.

Sprinkle with salt and pepper and drench it all with milk. Cover and refrigerate for about 15 minutes. Meanwhile, combine mayonnaise (not salad dressing), buttermilk, celery seed, Tabasco and minced onion.

Mix well with cabbage mixture.

Refrigerate again at least an hour before serving.

Drain some of the dressing first and serve it separately at the table. It keeps for 24 hours only!!



## LENTIL SALAD



1/4 cup	fresh lemon juice
2/3 cup	olive oil
1 teaspoon	Italian seasoning
1 clove	mashed garlic
2 cups	dried lentils
1/2 cup	diced celery
2 whole	red ripe tomatoes -- chopped

Whisk together lemon juice and olive oil. Beat in Italian seasoning and garlic.

Wash lentils and boil in a quart of water until barely tender, about 30 minutes. Drain. While warm, toss with lemon dressing. Cool to room temperature. Add celery and tomatoes. Serve immediately or chill and serve cold.



## LETTUCE WEDGE WITH POPPY SEED DRESSING



1/3 cup	Vinegar -- White
1 1/2 tablespoons	Onion Juice
1/2 cup	Sugar
1 teaspoon	Mustard -- Dry
1 teaspoon	Salt
1 cup	Vegetable Oil
2 tablespoons	Poppy Seeds
	Iceberg Lettuce -- Head Of

In a small mixing bowl, combine vinegar, onion juice, sugar, mustard, and salt. Stir vigorously by hand or with electric mixer set on low. Whisking constantly, pour in oil in a slow thin stream, and continue to beat until dressing is smooth and thick. Stir in poppy seeds. Cut lettuce into 6 wedges and lay each on a chilled salad plate. Ladle on 2 or 3 T of the dressing or to taste.



## MARKET SALAD WITH CAPERS



1	Sm	Tomato -- diced
1	Ear	Corn
2	Med	Red Potatoes -- cooked
2	Tsp	Capers -- drained
1/4	Tsp	Paprika
2	Tbsp	Olive Oil
1/2	Tbsp	Red Wine Vinegar
		Salt And Pepper -- to taste

Peel potatoes if desired. Dice. Cook corn and remove from cob. Combine tomato, corn, potatoes, and capers in salad bowl. Stir together paprika, oil, vinegar, salt, and pepper in small bowl. Pour over vegetables and toss well. Let stand 5 minutes for flavors to blend.



## MINTED CUCUMBER SALAD



3	large	cucumbers
1/2	teaspoon	salt
2	cups	plain yogurt
2	teaspoons	rice wine vinegar
1/8	teaspoon	white pepper
1/2	teaspoon	sugar
1/4	cup	fresh mint -- chopped
2	tablespoons	fresh parsley -- chopped
1/2	cup	olives -- sliced

Peel, seed, and chop cucumbers. Sprinkle with salt and allow to drain for half an hour.

Line a sieve with a coffee filter. Pour yogurt in and allow to drain for half an hour. In a glass or pottery serving bowl, combine yogurt with remaining ingredients. Stir in cucumber. Cover and refrigerate if not served at once.



## NEW ENGLAND STYLE POTATO SALAD

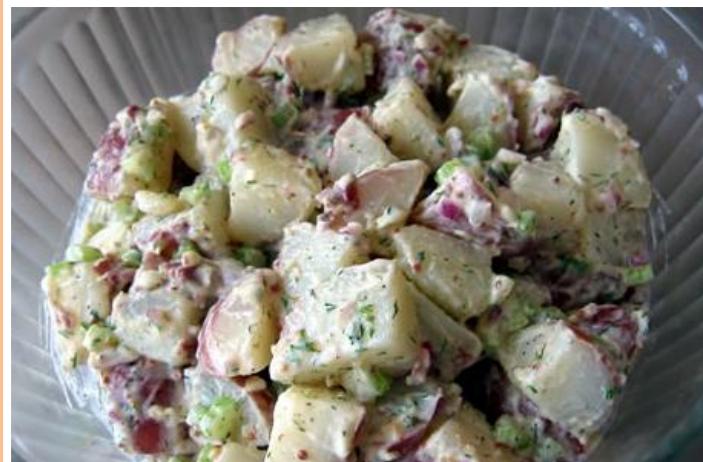


3	pounds	potatoes -- cooked
1	cup	celery -- diced
5	tablespoons	vinegar
2	teaspoons	salt
4	eggs --	hard-cooked, sieved
1	pint	sour cream
1	teaspoon	pepper
1 1/2	tablespoons	mustard
1/2	clove	garlic -- crushed
1/2	cup	olives -- sliced

Peel potatoes, cut into 1/2 inch cubes and chill. Add celery, 3 tbs. vinegar and salt. Fold eggs into sour cream, add remaining vinegar, pepper, mustard, garlic and onion. Place potato mixture in salad bowl, add dressing and toss well. Garnish with olives.



## NEW POTATO SALAD



2	pounds	Potatoes (approximately)
1	each	Dill cream dressing recipe
5	each	Green onions, finely chopped
		Salt & pepper to taste

A local restaurant serves a simple, but elegant, potato salad as part of their Sunday Brunch menu.

This is my own attempt at duplicating it. Stir the chopped green onions into the Dill Cream Dressing.

Add salt and pepper to taste. You may also want to add more lemon juice or Dijon mustard at this point, as this produces a fairly bland dressing. Slice potatoes (leave skins on) about 1/4 inch thick. Place in a large bowl and fold in the dressing. Serve chilled. Best made the day before so the flavors have a chance to mingle.



## OK CORRAL SALAD



4      cups	Cooked Pasta wheels Raw Carrot *
	Med onion -- chopped
	Rib Celery -- sliced thin
	Green pepper -- chopped
	Radishes -- sliced thin
6 1/2 ounces	Can drained Tuna -- water pack
3/4 cup	Dressing (see recipe)

\* Scrubbed and sliced into thin matchsticks.

This pasta salad gets its name from the shape of the pasta, but you could just as easily use shells and rename it Seashell Salad, etc. Toss all the ingredients in a large salad bowl and chill. The salad can be made the night before and refrigerated. If you want to take it easy, just slice all the veggies with a food processor.

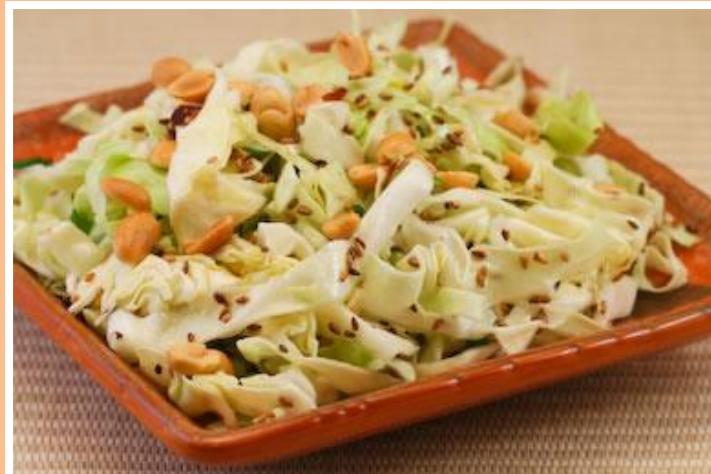
**BASIC DRESSING**

1 c extra-virgin olive oil 2t Honey 2/3 c brown rice vinegar freshly ground black or 1t Salt 1 garlic clove, mashed

Combine all ingredients and shake well or blend. Refrigerate. Keeps for up to a week. Makes a little less than 2 cups.



## ORIENTAL CABBAGE SALAD



3	ounces	Ramen w/ chicken flavor
4	cups	Cabbage -- shredded
4	each	Green onions -- sliced
2	tablespoons	Sesame seed
3	tablespoons	Vinegar
2	tablespoons	Sugar
2	tablespoons	Salad oil
1/2	teaspoon	Ground white pepper
1/4	teaspoon	Salt
1/2	cup	Almonds -- toasted slivered

This is from Better Homes & Gardens for someone that had asked for this type of salad. Crush noodles slightly; Pour boiling water over noodles in a colander to soften slightly, drain well, combine noodles, cabbage, onions and sesame seed. Dressing: in a screw-top jar combine seasoning packet from noodles, vinegar, sugar, oil, pepper and salt; shake to mix well. Pour over cabbage mixture and toss.

Cover and chill several hours or overnight. Before serving, stir in almonds.



## PASTA SALAD



1	pound	Pasta -- spirals
1	package	Viva Italian dressing
1	each	Cucumber -- cubed
1	each	Fresh Broccoli -- cut up
1	can	Cici beans -- optional
1	each	Carrots -- cut up
1	each	Celery -- cut up

Cook pasta as directed on the box. Drain. Add a little Italian dressing to prevent sticking together.

Cool. While pasta is cooling, cut up all fresh vegetables into bite size pieces. Add any vegetables that you prefer. In a large bowl, add vegetables to pasta. Add Italian dressing and mix thoroughly. Chill salad. Prior to serving, add remaining Italian dressing and mix again. Salad is excellent when cold.

The longer you chill it, the better it is.



## PASTA WITH ASPARAGUS SALAD



1 lb	asparagus, blanched & cut in 1" pcs
6 tablespoons	olive oil
1 clove	garlic, minced
1 lb	pasta (linguini or fettucini)
1 cup	tuna chunks
1/2 cup	ham, sliced in thin strips black
8 to 10	olives, sliced
2 tablespoons	lemon juice (or wine vinegar) salt and pepper

Heat olive oil and cook garlic 1 min. Cook pasta until al dente and drain.

Combine pasta with oil and garlic in large bowl. Add remaining ingredients and toss well. Serve at room temp. or refrigerate until cold if desired.



## QUICK SPINACH SALAD WITH SPROUTS



1 pound	Spinach
1/2 cup	Alfalfa Sprouts
1/4 cup	Feta Cheese -- crumbled
2 tablespoons	Sunflower Seeds
2 tablespoons	Olive Oil
2 tablespoons	Lemon Juice
2 tablespoons	Water
1 each	Garlic Clove, small -- minced
1 teaspoon	Dijon Mustard
	Salt
	Freshly Ground Black Pepper

### EVERYDAY VINAIGRETTE

\* Cubed skim-milk mozzarella cheese can be used instead of crumbled

Feta cheese. Rice vinegar, cider vinegar or balsamic vinegar can be used instead of lemon juice. Trim, wash and dry spinach. Tear into bite-sized pieces to make about 10 cups, lightly packed. Place in salad bowl. Add alfalfa sprouts, cheese and sunflower seeds. In small measuring cup, bowl or jar with screw top, combine oil, lemon juice, water, garlic, mustard, salt and pepper.

Mix well.



## QUINOA SUPER SALAD



5	ups	quinoa, cooked -- (basic recipe)
1	cup	carrots -- chopped
3/4	cup	parsley -- minced
1	cup	sunflower seeds
4	cloves	garlic, minced -- or to taste
1/4	cup	olive oil -- or less
1/4	cup	soy sauce or tamari -- Try braggs aminos
1/2	cup	lemon juice
		Tomatoes
		black olives

Cook quinoa. let cool. Add carrots, parsley sunflower seed and garlic to quinoa. Mix thoroughly. Combine liquids, pour over quinoa and toss well. Garnish with tomato wedges and olives.



## RICE SALAD MOLD



1 cup	long-grain rice
	salt
	black pepper
1/4 cup	olive oil
2 teaspoons	Dijon mustard
2 cups	mixed vegetables -- cooked
1/2	green bell pepper -- finely diced
1	cucumber -- peeled and diced

1. Place rice, salt and pepper in small heavy pan with tight fitting lid. Add 2 cups water; bring to a boil, cover, then simmer for 20 minutes without lifting lid.
2. Put cooked rice in mixing bowl, add oil, vinegar and mustard. Toss with a fork to mix well
3. Gently fold in cooked vegetables. You will need 2 cups total so use your choice of green peas, carrots, corn, green beans, etc. Add the diced green pepper and cucumber.



## ROASTED RED PEPPER AND CHIVE DRESSING



1 each	Sweet red pepper -- medium-size
1/2 cup	Prepared roasted red peppers
1/3 cup	Red wine vinegar
1 each	Garlic clove -- medium minced
1 cup	Olive oil
1/3 cup	Finely chopped fresh chives
	Salt
	White pepper -- freshly ground

Hold red pepper over a flame, turning it until evenly charred. Or cut it in half, rub with oil, and place under the broiler until blackened. Wrap in a plastic bag and set aside to cool. Scrape off the burned skin and remove seeds and stem. In bowl of blender or food processor fitted with a steel blade, place red pepper, vinegar, and garlic. Process until pepper is pureed.

With machine running, slowly drizzle in olive oil until fully combined. Stir in chives and season with salt and pepper to taste.



## SLICED CUCUMBERS IN YOGURT



1/2 teaspoon	Cucumbers
1/4 cup	Salt
1/2 teaspoon	Low-fat plain yogurt
1/2 teaspoon	Sugar
1/8 teaspoon	Lemon juice
1/8 teaspoon	Celery seeds
1/8 teaspoon	Ground cumin
1/8 teaspoon	Pepper

Pare and thinly slice cucumbers. Place in small bowl. Sprinkle with salt; stir. Let stand 10 minutes. Stir together yogurt, sugar, lemon juice, celery seeds, cumin and pepper in small bowl to mix well. Transfer cucumbers to colander; rinse with cold water. Squeeze with hands to extract as much liquid as possible. Return to bowl. Stir in yogurt mixture. Refrigerate covered until serving. Makes 4 servings.



## SUMMERTIME RICE SALAD



2 cups	cooked rice --- Vinaigrette -----
2 tablespoons	fresh lemon juice
1	red bell pepper -- finely diced
3	scallions -- chopped
1	carrot -- chopped
3 tablespoons	fresh parsley -- *chopped (see note)
1	cucumber -- peeled and diced
1	tomato -- peeled and chopped
1	celery stalks -- peeled and diced

\* Substitute dill or basil for the parsley if preferred.

Put rice in a serving bowl and pour 2 tablespoons lemon juice and 4 tablespoons Vinaigrette over. Add freshly ground black pepper to taste. Toss well with fork.

Prepare all the remaining ingredients, except tomatoes and cucumbers, and blend. Mix well and let cool.

Add onions and cucumbers just before serving to maintain best texture and taste for those two vegetables.



## TORTELLINI AND ARTICHOKE PASTA SALAD

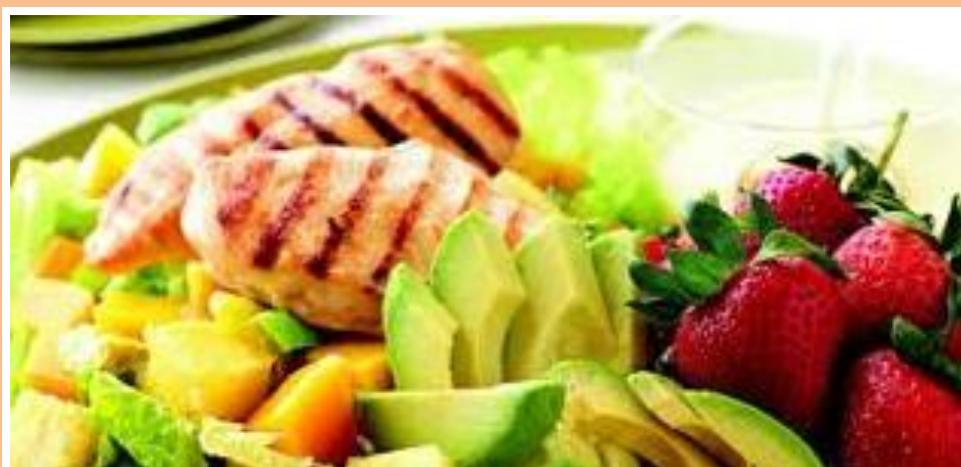


10 ounces	tortellini, cheese-filled -- or chicken
4	marinated artichoke hearts
2 tablespoons	red bell pepper -- roasted or pimento
4 tablespoons	mayonnaise
1 tablespoon	Dijon mustard
1 tablespoon	parmesean cheese -- grated
2 tablespoons	basil -- chopped
2 tablespoons	parsley -- chopped
	salt and pepper

Cook tortellini, rinse and drain well. Toss with 1 tbs. of the marinated artichoke liquid to keep from sticking together. More may be added for flavoring of desired. Drain artichokes. Cut into chunks. Combine remaining ingredients and toss gently in a large bowl to combine. Refrigerate if not served immediately.



## TOPICAL CHICKEN SALAD



2 cups	Chicken, white meat *
1 cup	Apples -- peeled and diced
1/3 cup	Pineapple Chunks
1/2 cup	Chopped almonds
1/4 cup	Shredded Coconut
3 tablespoons	White Raisins (opt.)
2 teaspoons	Chopped Chutney
3/4 cup	Curry Powder
	Mayonnaise

In a bowl, combine chutney, curry, and mayonnaise.

Combine all other ingredients in a separate bowl. Stir curry, chutney, and mayonaisse mixture into the chicken mixture. Serve on watercress or lettuce leaves, with slices of avocado.



## VERMICELLI SALAD



12 ounces	vermicelli
1/2 cup	sweet pickle juice
6 ounces	French salad dressing
2	garlic cloves – mashed
1 tablespoon	poppy seeds
1 teaspoon	celery seed
1 teaspoon	caraway seed
1/4 teaspoon	cayenne pepper
1/2 teaspoon	salt
1/2 pound	diced celery
1 bunch	green onions – chopped
1/4 cup	fresh parsley -- chopped

Break vermicelli into 1" pieces, and cook according to package directions. Mix pickle juice, French dressing, garlic, and seasonings and pour over warm vermicelli. Chill. One hour before serving, add celery, green onions and parsley.



## VIDALIA ONION AND CARROT SALAD



3/4 pound	carrots -- grated
1/2 cup	Vidalia onions -- finely chopped
	--- Dressing: -----
1/2 cup	olive oil
1 tablespoon	fresh lemon juice
1 tablespoon	wine vinegar
	black pepper -- to taste
1 tablespoon	fresh mint
1/2 teaspoon	cumin seed

\* Use Vidalia onions or other sweet onions such as Walla Walla, Maui, Imperial Sweet or Texas 1015.

1. Grate carrots coarsely; place in serving bowl along with chopped onions.
2. In a small bowl combine olive oil, lemon juice, wine vinegar and black pepper to taste. Mix with wire whisk until blended. Add chopped fresh mint and mix well.
3. Pour dressing over carrots and onions and toss well.



## WARM BEAN AND TOMATO SALAD WITH BASIL



1/2	pound	Green Beans -- ends removed
3	tablespoons	Olive Oil
2	each	Large Dry Shallots -- chopped
1	tablespoon	Balsamic or Red Wine Vinegar
1	cup	Chickpeas -- drained 19oz
2	each	Tomatoes, seeded -- chopped
2	tablespoons	Fresh Basil -- chopped
1	tablespoon	Lemon Juice -- fresh
		Salt
		Freshly Ground Black Pepper

\* You can use 1 teaspoon of dried basil instead of the fresh stuff.

Remove the ends from the beans and cut into 1 12 inch lengths. Cook in boiling water until just tender, about 5 - 7 minutes. Drain well. Meanwhile heat one tablespoon of oil in a large fry pan over medium heat; cook the shallots until softened, about 2 minutes. Add balsamic vinegar and cook until liquid is reduced. Drain chickpeas and stir in chickpeas and green beans; cook until heated through, about 2 minutes.

In a serving bowl, combine the bean mixture with tomatoes, olives and basil. Whisk together the remaining oil with lemon juice and pour over salad; season with salt and pepper to taste. Serve warm or at room temperature. Serves 2 as main course, 4 as side dish.



## WARM RED CABBAGE SALAD



1	small	red cabbage -- about 18 oz
1		red apple -- crisp
1	clove	garlic -- finely chopped balsamic
2	tablespoons	vinegar
2 1/2	tablespoons	olive oil
1		red onion -- quartered and thinly
4	ounces	goat cheese -- broken into
		large pieces
1	tablespoon	parsley -- chopped
1/2	teaspoon	fresh marjoram -- finely chopped
		salt, pepper

Quarter and core the cabbage. Cut the wedges into thin pieces, 2 to 3 inches long and set aside. Cut apple lengthwise into sixths, cut out the core, then slice the pieces thinly, crosswise. Put the garlic, vinegar, and oil in a wide saute pan over a medium-high flame. As soon as they are hot, add the onion and saute for 30 seconds. Add the cabbage, and cook for about 2 minutes. Season with salt, freshly ground black pepper, and more vinegar, if necessary. Add the goat cheese, apple, and herbs. Toss briefly and carefully before serving.



## ZUCCHINI AND MUSHROOM SALAD



1 pound	button mushrooms
8 small	zucchini
1/4 cup	wine vinegar
2 tablespoons	olive oil
1 teaspoon	salt
2 sprigs	fresh tarragon
1/4 cup	water
1/4 cup	dry white wine

Clean the mushrooms. Cut the zucchini into 1 inch lengths. Place all ingredients in a pot. Simmer until the zucchini is just tender. Turn off heat. Place lid on pot and leave for 15 minutes. Place the drained vegetables in a bowl, reserving the cooking liquid. Place this liquid back in the pot and cook until reduced to about 1/3 cup. Discard the tarragon. Pour over the vegetables and lightly chill (don't over-chill or it will kill the flavor). Throw on a little finely chopped parsley before serving.



## ZUCCHINI SALAD



2	medium	zucchini -- shredded
2	teaspoons	salt
1	cup	sour cream
1	tablespoon fresh	lime juice
1	teaspoon	cumin seed
		black pepper
		paprika
2	tablespoons onion --	grated

In a colander, sprinkle zucchini with salt and allow to stand 15 minutes. Squeeze as much moisture as possible from zucchini. Combine remaining ingredients in ceramic bowl. Stir in zucchini. Chill at least one hour.



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