

Recipe Name Salad Dressing
Ingredients & Directions Vegetables - Spinach
Aunt Therae Pinch Bowl

Recipe Name Greenables Double Chip Macadamia Cookies
Ingredients & Directions Plum Crumble

1 lemon (ju) nice light
1/2 c. veg oil
1/2 c. chix stock
dressing of my grandmum
Salad to taste

Spinach

Cook, then chop. In pot melt 1T butter, 1T flour, 1c. stock or milk
+ then chopped Spinach & season

Punch

1 liter wine
1 lb fruit - peaches - pineapple or frozen
1 pint water
1 1/2 oz sugar (8oz if frozen)
plus more

Boil water + sugar. Skim foam
cool, pour over fruit in bowl.
Add wine + put in fridge
When guests come.
Add:

1 bottle wine
1 can ginger ale
1 bottle grape juice



3/4 c. sugar 1/2 t salt
3/4 c. brown sugar 2 (3 1/2 oz) jrs mac
1 c. butter, soft
2 eggs
1 t. vanilla
2 1/4 c. flour
1 t. baking soda
1/2 c. choc. chips
1/2 c. semi. choc. chips
1 c. vanilla
1/2 c. choc. chunks

Heat oven to 375°. In lg. bowl mix first 5
Beat on med. 1-2 min. Add next 3. Beat 1-2
min. By hand stir in nuts, chips. Drop 2
teaspoon-sized cookies sheet. Bake 9-12
min. Cool 1 min. before removing.

** great w/apples too

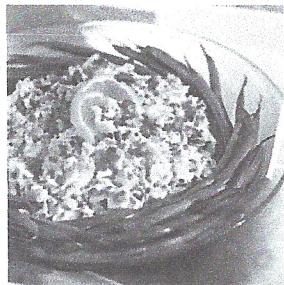
Plum Crumble

4 med plums 3T brown sugar
3T honey 2T flour
1T cinnamon 1/4 t cin.
3T oats 1/8 t. nutmeg
1T butter

In bowl*, mix plums,brown + cinnamon
Divide in 4 8oz microwave cups. Mix oats,
mix all rest + cut in butter. Sprinkle on
plums. Nuke 6-7 min. Rotate in middle.

As fat
As serv.

◆ PAGE



Lemon-Tarragon Chicken Salad

When fresh tarragon isn't available, substitute 1 1/2 tsp. dried crushed tarragon.

Southern Living JUNE 2007

Yield: Makes 4 to 6 servings

Prep time: 20 Minutes

Bake: 7 Minutes

Cool: 15 Minutes

Photo by: Photo: Beth Dreiling; Styling: Rose Nguyen

Ingredients

1/2 cup chopped pecans

3/4 cup mayonnaise

1 tablespoon chopped fresh tarragon

1 teaspoon grated lemon rind

1 tablespoon fresh lemon juice

1 teaspoon salt

1/2 teaspoon freshly ground pepper

3 cups chopped cooked chicken

2 celery stalks, finely chopped

1/2 small sweet onion, finely chopped

2 cups seedless red grapes, cut in half (optional)

Garnish: halved lemon slices

Preparation

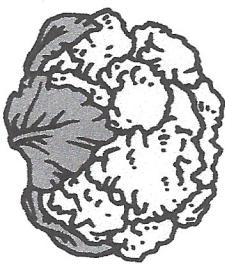
1. Arrange pecans in a single layer on a baking sheet.
2. Bake at 350° for 5 to 7 minutes or until lightly toasted. Cool pecans on a wire rack 15 minutes or until completely cool.
3. Whisk together mayonnaise and next 5 ingredients in a large bowl; stir in pecans, chicken, celery, and onion just until blended. Stir in grape halves, if desired. Garnish, if desired.

Go to full version of
Lemon-Tarragon Chicken Salad recipe

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Mrs Kay's

SWEET AND CRUNCHY SALAD



good

INGREDIENTS:

- 1 lb bacon, cooked and chopped
- 1 large stalk broccoli, cut in small pieces
- 1/2 head cauliflower, cut in small pieces
- 1 medium red onion, chopped fine
- 1 cup raisins
- 1/2 cup sunflower seeds



DRESSING:

- 1 cup mayonnaise
- 1/2 cup sugar
- 2 T vinegar

Mix all together!



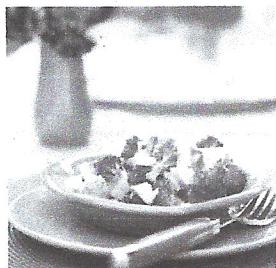


Photo by: Howard L. Puckett

Broccoli and Apple Salad

Sweet, crunchy apple and broccoli create a refreshing, light side dish. Prepare this salad up to eight hours in advance for best flavor and texture.

my
recipes

Cooking Light SEPTEMBER 2006

Yield: 8 servings (serving size: about 3/4 cup)

St. Louis

Ingredients

2 1/2 tablespoons sugar

1/4 teaspoon salt

6 tablespoons apple cider vinegar

1 (1 1/4-pound) head of broccoli

2 tablespoons Dijon mustard

1 1/4 cups chopped Braeburn or Fuji apple (about 1/2 pound)

1 tablespoon canola oil

1/4 cup minced Walla Walla or other sweet onion

1/2 teaspoon freshly ground black pepper

Preparation

Combine first 6 ingredients in a large bowl, stirring well with a whisk.

Coarsely chop broccoli into 1 1/2-inch pieces, and place in bowl with vinegar mixture. Add chopped apple and minced onion, tossing to coat.

Note:

MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

Nutritional Information

Amount per serving

Calories: 72 Calories from fat: 30% Fat: 2.4g Saturated fat: 0.2g Monounsaturated fat: 1.2g Polyunsaturated fat: 0.6g

Protein: 2.8g Carbohydrate: 11.6g Fiber: 3g Cholesterol: 0.0mg Iron: 0.7mg Sodium: 196mg Calcium: 38mg

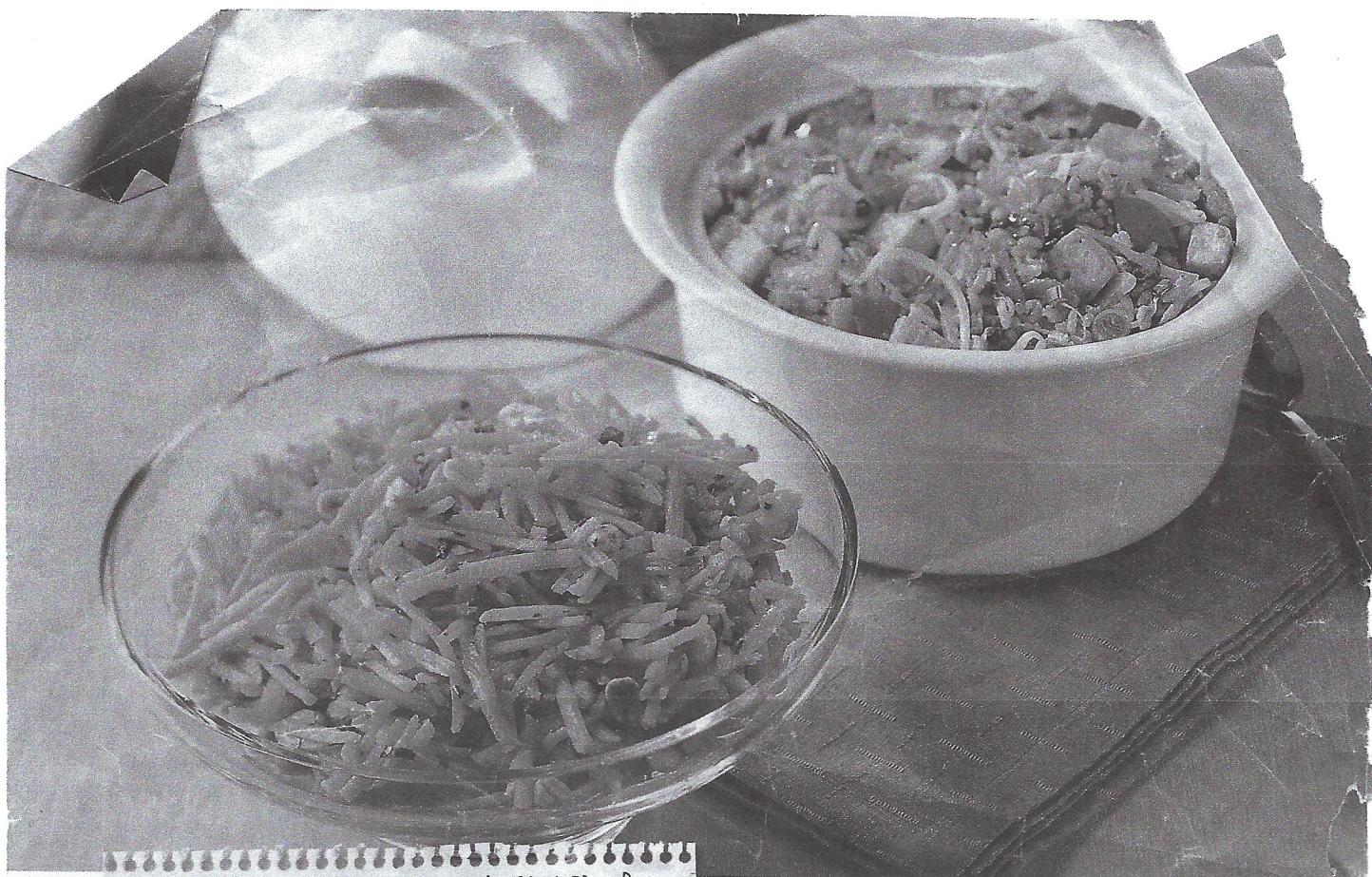
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Go to Full Version of
Broccoli and Apple Salad Recipe



Crunchy Carrot Salad and Vegetable Fried Rice from the Kitchen of Jeanne Lemlin, a James Beard Foundation award winner and author of five vegetarian cookbooks. Her latest title is *Vegetarian Classics* (HarperCollins).

Recipes both pages

Crunchy Carrot Salad

For a colorful side dish that will enliven any plate, you can't beat this light and tasty salad, which is easily multiplied for a large gathering. It will retain its delightful crunch for a day or two, so you can make it in advance — just sprinkle on a few drops of lemon juice and olive oil before serving to enhance the flavors. For the best results, I like to use California carrots, which tend to be sweeter than Canadian carrots.

- | | |
|-------|---------------------------------------|
| 1 | pound carrots, peeled |
| 3/4 | cup dry-roasted unsalted peanuts |
| 3 | tablespoons minced fresh parsley |
| 2 | tablespoons finely chopped fresh mint |
| 1/4 | cup olive oil |
| 2 | tablespoons fresh lemon juice |
| 1 1/2 | teaspoons sugar |
| 1/4 | teaspoon salt |

(salad). In a large bowl, gently toss together the carrots, peanuts, parsley, and mint. In a small bowl thoroughly stir together the olive oil, lemon juice, sugar, and salt, then pour the dressing onto the salad and toss again until the carrots are evenly coated. Let the salad stand for 20 minutes before serving, or refrigerate it and serve within 2 days. Serves 6.

Grate the carrots on the coarse side of a box grater (a food processor extracts a lot of liquid and will make the carrots too soft for this

Vegetable Fried Rice

When I made this fried rice for my stepdaughter, who was eight years old at the time, she kept gobbling up the bits of fried tofu and saying, "This is such delicious chicken!" She's been a fan of tofu ever since. It's fun bringing this dish to potluck suppers for a similar reason: guests are often thrilled to discover that the texture of tofu can become quite appealing when fried. Be sure to start with cold rice when preparing this dish to ensure that the grains will be fluffy, not sticky.

Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. When the oil is very hot, add the tofu, tossing it frequently, until it turns deep golden brown all over. Slide the tofu onto a large plate.

Heat the remaining oil and cook the red pepper, celery, and ginger in it for 2 minutes. Add the scallions and cook for 30 seconds more, then stir in the rice and tofu. Drizzle on the soy sauce and sesame oil. Toss the rice well and cook it for 2 more minutes or until heated through. Gently stir in the bean sprouts. Serve at once, or cool and reheat within 48 hours. Serves 8 as a side dish.

- | | |
|-----|---|
| 2 | tablespoons peanut or canola oil |
| 8 | ounces extrafirm tofu, cut into $\frac{1}{2}$ -inch cubes and patted very dry |
| 1 | small red bell pepper, diced into $\frac{1}{2}$ -inch pieces |
| 2 | celery ribs, thinly sliced |
| 1 | teaspoon minced gingerroot |
| 4 | scallions, thinly sliced |
| 6 | cups cold cooked white or brown rice |
| 1/4 | to $\frac{1}{2}$ cup soy sauce |
| 2 | tablespoons dark sesame oil |
| 2 | cups bean sprouts |

Steakhouse Wedge With Warm Tomato Vinaigrette

Active Time: 35 min. Total Time: 45 min. Serves: 4

- 4 hanger steaks (6 ounces each), room temperature
- Coarse salt and freshly ground pepper
- 6 tablespoons plus 2 teaspoons extra-virgin olive oil
- 3 ounces creamy blue cheese, sliced into 4 pieces
- 1 large sweet onion, $\frac{1}{2}$ coarsely chopped, $\frac{1}{2}$ thinly sliced
- 3 cloves garlic, minced (1 tablespoon)
- 3 tablespoons sherry vinegar
- 4 beefsteak or heirloom tomatoes, 2 coarsely chopped, 2 sliced
- 2 teaspoons whole-grain Dijon mustard
- 2 teaspoons chopped fresh oregano, plus leaves for serving
- 1 small head iceberg lettuce, quartered lengthwise

1. Season steaks with salt and pepper; let stand 10 minutes. Heat a large skillet over medium-high; swirl in 2 teaspoons oil. Cook steaks, turning a few times, until browned all over, 8 to 10 minutes for medium-rare. Transfer to a plate; top each with a cheese slice.
2. Lower heat to medium. Add 2 tablespoons oil, chopped onion, and garlic to skillet; cook 1 minute. Add vinegar; bring to a simmer, scraping up browned bits. Stir in chopped tomatoes; simmer until they release their juices, about 5 minutes. Stir in remaining $\frac{1}{2}$ cup oil and juices from steak plate; strain through a sieve. Whisk in mustard and oregano; season with salt and pepper. Season lettuce and tomato and onion slices with salt and pepper, drizzle with vinaigrette, and top with oregano leaves; serve, with steaks.

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Salmon Niçoise With Caper Dressing

Active Time: 30 min. Total Time: 40 min. Serves: 4

- $\frac{1}{2}$ teaspoon grated lemon zest and 2 tablespoons juice, plus lemon wedges, for serving
- $\frac{1}{2}$ cup extra-virgin olive oil
- 2 tablespoons capers, rinsed and drained
- Coarse salt and freshly ground pepper
- 1 pound baby yellow potatoes
- 12 ounces green beans, trimmed
- 4 ears corn, cut into 1-inch coins
- 4 skin-on salmon fillets (5 ounces each), room temperature
- 3 mini cucumbers, or 1 English cucumber, sliced on the bias
- Olives, such as Niçoise

1. Whisk together zest and juice, 7 tablespoons oil, and capers; season with salt and pepper.
2. In a large pot, cover potatoes with 2 inches of water; season with salt. Bring to a boil and cook until easily pierced with the tip of a knife, 7 to 9 minutes. Transfer to a plate with a slotted spoon. Add beans to pot; boil until crisp-tender, 3 to 4 minutes. Add corn and boil 1 minute more; drain.
3. Season fish with salt and pepper. Heat a large skillet over medium-high; swirl in remaining 1 tablespoon oil. Add fish, skin-side down; cook, flipping once, until skin is crisp and fish is just cooked through, 5 to 6 minutes. Serve, with potatoes, beans, corn, cucumbers, olives, dressing, lemon wedges, salt, and pepper.

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Shrimp Cobb With Cilantro-Lime Dressing

Active/Total Time: 40 min. Serves: 4

For just-set yolks, place cold eggs in a saucepan; cover with 2 inches water and bring to a boil. Cover, remove from heat, and let stand 6 minutes. Drain; transfer to an ice-water bath until cold.

- 4 slices bacon, coarsely chopped
- 1 pound large shrimp, peeled and deveined
- Coarse salt and freshly ground pepper
- 1 teaspoon grated lime zest, plus 3 tablespoons juice
- $\frac{1}{2}$ cup extra-virgin olive oil
- $\frac{1}{4}$ cup lightly packed chopped cilantro
- 1 bunch watercress, thick stems removed (3 cups)
- 2 hearts of romaine, thinly sliced (6 cups)
- 1 pint cherry or grape tomatoes, halved
- 4 hard-cooked eggs, peeled and halved
- 1 avocado, pitted, peeled, and sliced

1. Cook bacon in a large skillet over medium until browned, 8 to 10 minutes. Transfer to paper towels. Remove all but 1 tablespoon fat from skillet; return to medium heat. Season shrimp with salt and pepper; cook in a single layer, flipping once, until opaque and firm to the touch, 3 to 4 minutes.
2. Whisk together zest and juice, oil, and cilantro; season with salt and pepper. Toss greens with half of dressing; transfer to a platter. Top with shrimp, tomatoes, eggs, avocado, and bacon. Season with salt and pepper; serve, with remaining dressing.

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Summer Waldorf With Yogurt-Tarragon Dressing

Active Time: 20 min. Total Time: 55 min. Serves: 4

Juicy plums and toasted almonds replace apples and walnuts in this light summertime take on the classic.

- 1 small head fennel, bulb thinly sliced, fronds picked, stalks reserved
 - 2 bone-in, skin-on chicken-breast halves (about $1\frac{1}{2}$ pounds)
 - Coarse salt and freshly ground pepper
 - $\frac{3}{4}$ cup plain yogurt
 - 2 tablespoons extra-virgin olive oil
 - 1 teaspoon finely chopped tarragon
 - 2 heads butter lettuce, such as Bibb, leaves separated
 - 3 plums, pitted and sliced into thin wedges
 - $\frac{1}{3}$ cup toasted almonds, coarsely chopped
1. Bring 2 inches of water to a boil with fennel stalks in a large saucepan. Add chicken and 3 tablespoons salt (if chicken is not fully submerged, add water to cover). Reduce heat to medium-low; simmer until a thermometer inserted into thickest parts of chicken registers 165°, 20 to 25 minutes. Transfer chicken to a cutting board; let cool 10 minutes.
 2. Whisk together yogurt, oil, and tarragon; season with salt and pepper. Remove chicken skin, then remove meat from bones and thinly slice against the grain. Divide lettuce, chicken, sliced fennel, and plums among 4 plates. Top with dressing, almonds, and fennel fronds; season with salt and pepper and serve.

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BONUS
RECIPE

Green Salad with Grapefruit & Avocado

TOTAL TIME 30 min.

Yum

- 1 very large ruby red grapefruit, peeled, seeded
- 2 5-oz. packages mixed baby lettuce (about 10 cups)
- 2 avocados, halved, seeded, peeled, and sliced
- 2 green onions, thinly sliced
- $\frac{1}{4}$ cup fresh lemon juice
- 1 Tbsp. Dijon-style mustard
- $\frac{2}{3}$ cup extra-virgin olive oil
- $\frac{1}{2}$ cup roasted, salted pistachios, coarsely chopped

1. Segment grapefruit over a small bowl. Reserve 2 Tbsp. juice for dressing.
 2. In a large bowl toss together lettuce, avocados, grapefruit, and green onions.
 3. For dressing, in a small bowl whisk together lemon juice, reserved grapefruit juice, mustard, $\frac{1}{2}$ tsp. sea salt and $\frac{1}{4}$ tsp. pepper. Drizzle oil in a thin steady stream, whisking constantly.
 4. Lightly dress salad. Pass remaining dressing. Top with pistachios just before serving. Makes 6 servings.
- Make ahead** Segment grapefruit and prepare dressing up to a day ahead. Chill until serving.

EACH SERVING 374 cal, 36 g fat, 0 mg chol, 311 mg sodium, 13 g carb, 6 g fiber, 4 g pro.

Lemon Loaf with Berries & Cream

Organic cane and turbinado sugar are unbleached and minimally refined sugars that retain some of the trace minerals usually lost during processing. With a larger grain and more complex flavors, they add texture and rich flavor to baked goods. Turbinado sugar's flavor is similar to brown sugar; it is often sold as raw sugar.

HANDS-ON TIME 30 min.

TOTAL TIME 3 hr., 30 min. (includes cooling)

- 3 lemons
- 2 eggs
- $\frac{2}{3}$ cup buttermilk
- $\frac{2}{3}$ cup extra-virgin olive oil
- $\frac{1}{2}$ tsp. lemon extract
- 1 cup regular rolled oats, coarsely ground*

- 1 cup all-purpose flour
- $\frac{1}{2}$ cup organic cane sugar
- $\frac{1}{3}$ cup turbinado sugar
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{4}$ tsp. sea salt
- $\frac{1}{4}$ cup organic cane sugar
- 5 cups fresh mixed berries
- Whipped cream

1. Preheat oven to 350°F. Grease an 8-inch loaf pan. Line pan with parchment; set aside. Finely zest 1 lemon. Remove peel from 1 of the remaining lemons; cut into thin strips. Set aside. Juice lemons (about 9 Tbsp.). In a large bowl whisk together eggs, buttermilk, oil, extract, zest, and 2 Tbsp. of the lemon juice. Add oats, flour, the $\frac{1}{2}$ cup organic cane sugar, turbinado sugar, baking powder, baking soda, and sea salt. Stir gently to combine. Pour batter into prepared pan; sprinkle with turbinado sugar. Bake 45 to 50 minutes or until a toothpick inserted near center comes out clean. Cool in pan on a wire rack 10 minutes.
2. Meanwhile, in a small saucepan combine remaining lemon juice and the $\frac{1}{4}$ cup organic cane sugar. Bring to boiling over medium heat. Boil, gently stirring to dissolve sugar. Remove from heat. Pour half the syrup into a 2-cup measure; stir in lemon peel. Remove loaf from pan. Place on a wire rack set over a shallow baking pan. Gently poke top of loaf all over with a fork. Pour syrup and peel mixture over loaf. Let cool completely.
3. Return remaining syrup to heat; bring just to boiling. Stir in berries to coat. Simmer 1 to 2 minutes until berries just start to soften. Slice loaf with a serrated knife. Serve with berries and whipped cream. Makes 10 servings.

* Place oats in a blender or food processor; pulse until coarsely ground.

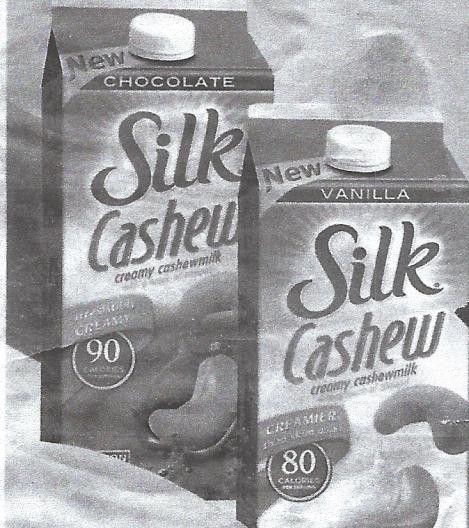
Tip For the cake you can substitute $\frac{3}{4}$ cup granulated sugar for the $\frac{1}{2}$ cup organic cane sugar and the $\frac{1}{2}$ cup turbinado sugar. For the syrup, substitute $\frac{1}{2}$ cup granulated sugar for the $\frac{1}{4}$ cup organic cane sugar.

EACH SERVING 369 cal, 19 g fat, 48 mg chol, 171 mg sodium, 46 g carb, 4 g fiber, 5 g pro. ■

Ne

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Summertime Panzanella Salad

Cut back on calories (and add fiber!) without sacrificing flavor by using Weight Watchers Multi-Grain or 100% Whole Wheat Bread in your panzanella salad.



PER SERVING | PREP: 15 MIN | COOK: 30 MIN | SERVES 1

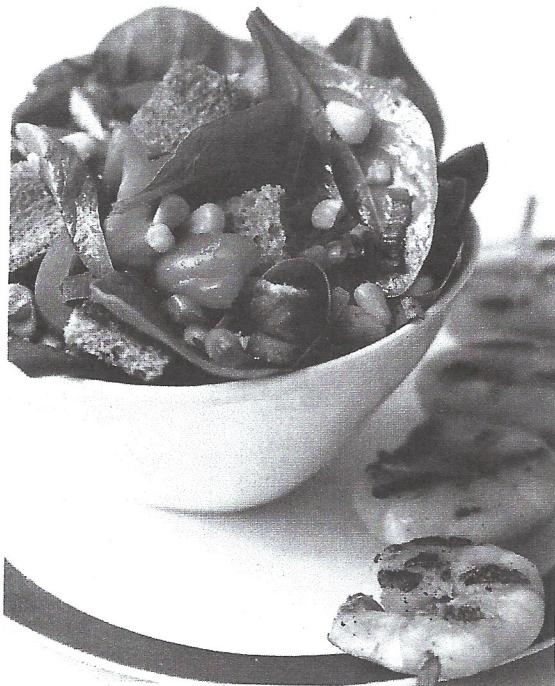
- ◆ 1 medium tomato, coarsely diced
- 2 slices **Weight Watchers Multi-Grain Bread**, toasted and cut into small squares (include crusts)
- ◆ 1 cup packed baby spinach leaves
- ◆ 1/4 cup frozen corn, thawed and drained
- ◆ 1 stalk green onion, finely chopped
- 1 Tbsp fresh basil, coarsely chopped
- 1/8 tsp salt
- Pinch of black pepper
- 1 1/2 tsp extra virgin olive oil
- 1 tsp vinegar of choice

Combine tomato, bread, spinach, corn, green onion, and basil. Mix well. Season with salt and pepper.

In a small bowl, whisk together oil and vinegar. Add dressing to salad and toss to coat. (Avoid soggy bread by dressing salad immediately before eating.)

Serve this salad with grilled shrimp kebabs to make it a satisfying meal.

Makes 3 cups.



NOTE: The basic components of this rustic Italian salad traditionally include day-old crusty bread, lots of ripe tomatoes, and assorted garden vegetables.

Apples Snap With Fall Flavor

We can get apples most of the year, but we look at them anew in autumn. They seem as crunchy as a neat mound of leaves, as invigorating as the chill in the air, and their flavor as bright as that new sweater we're determined to wear, even if it's still a bit too warm outside. Apple-and-Zucchini Salad is a real surprise—a tangy take on one of fall's best gifts. *Dana Adkins Campbell*

APPLE-AND-ZUCCHINI SALAD

- *really good*
- 1/3 cup vegetable oil
 - 2 tablespoons white wine vinegar
 - 1 tablespoon lemon juice
 - 1 teaspoon sugar
 - 1 teaspoon dried basil
 - 3/4 teaspoon salt
 - 1/4 teaspoon freshly ground pepper
 - 2 large Red Delicious apples, diced
 - 1 large Granny Smith apple, diced
 - 1 green bell pepper, cut into thin strips
 - 2 small zucchini, thinly sliced
 - 2 cucumbers, peeled and thinly sliced
 - Leaf lettuce
- Combine oil and next 6 ingredients in a jar; cover tightly, and shake vigorously.



PHOTOGRAPH: RALPH ANDERSON / STYLING: MARY LYN HILL

- Combine apple and next 3 ingredients; toss with dressing. Serve on individual lettuce-lined serving plates. Yield: 8 to 10 servings.

Diane Woodall
Houston, Texas

APPLE-STUFFED TENDERLOIN WITH PRALINE-MUSTARD GLAZE

- 1/4 cup raisins
- 1/3 cup bourbon or apple juice
- 2 (3/4- to 1-pound) pork tenderloins
- 1 medium-size cooking apple, thinly sliced
- 1 medium onion, thinly sliced
- 2 to 3 garlic cloves, halved
- 1 tablespoon chopped fresh rosemary
- 1/4 cup maple syrup
- 2 tablespoons dark brown sugar
- 2 tablespoons prepared mustard

- Combine raisins and bourbon in a bowl; let stand 1 hour.
- Cut tenderloins lengthwise down center, cutting to but not through bottom. Alternate apple and onion slices down center of each tenderloin. Top slices evenly with raisins, garlic, and rosemary.
- Close tenderloins over filling, and tie at 1-inch intervals. Place on

sheets of heavy-duty aluminum foil.

- Stir together syrup, sugar, and mustard; brush half of mixture over tenderloins. Close foil, and fold to seal. Place in a 13- x 9-inch pan.

- Bake at 325° for 25 minutes. Open foil, and brush with remaining syrup mixture. Close foil, and bake 20 to 25 more minutes or until a meat thermometer inserted in thickest portion reaches 160°. Yield: 6 servings.

Jane C. Clemence
Amarillo, Texas

SWEET POTATO-STUFFED APPLES

- 5 medium-size cooking apples
- 3 tablespoons slivered almonds, divided
- 1 (16-ounce) can sweet potatoes, drained and mashed
- 3 tablespoons brown sugar
- 3 tablespoons maple syrup
- 1 tablespoon butter or margarine, melted
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt

- Core apples, starting at stem end, without cutting through opposite end. Scoop out apple pulp to enlarge opening to 2 inches. Chop pulp, and set aside.
- Place each apple in a 7-inch square of aluminum foil.
- Stir together chopped apple pulp, 2 tablespoons almonds, sweet potato, and next 5 ingredients. Spoon filling evenly into apples; top with remaining 1 tablespoon almonds. Pull foil up around sides of apples, and place apples in an 11- x 7-inch baking dish.
- Bake at 350° for 45 minutes or until tender. Yield: 5 servings.

Susan L. Wie
Spring Hill, Fla.

Apples meet cool, crisp partners—zucchini, cucumber and green bell pepper—in Apple-and-Zucchini Salad.

liquid has been absorbed, 40 to 50 minutes. Remove from the heat and let stand, covered, ready to serve.

4. Preheat grill to medium-high or preheat the broiler to high.

5. Meanwhile, remove the chicken from the marinade, scrape off excess (discard marinade), and thread onto 4 skewers, distributing equally.

6. Grill the chicken until browned and cooked through, 3 to 4 minutes per side. If using the broiler, place the chicken on a broiler pan coated with cooking spray and broil 4 inches from the heat source until cooked through, about 5 minutes per side.

7. Just before serving, sprinkle the rice with the remaining 2 tablespoons vinegar and 1/4 cup scallions; fluff with a fork. Sprinkle the chicken and rice with the remaining scallions. Serve with the reserved dipping sauce.

MAKES 4 SERVINGS.

PER SERVING: 398 CALORIES; 11 G FAT (3 G SAT, 4 G MONO); 86 MG CHOLESTEROL; 44 G CARBOHYDRATE; 28 G PROTEIN; 4 G FIBER; 313 MG SODIUM; 376 MG POTASSIUM. NUTRITION BONUS: Selenium (54% DAILY VALUE), Zinc (20% DV), Fiber (16% DV).

Raspberry, Avocado & Mango Salad

Lower ↓ Carbs High ↑ Fiber

ACTIVE TIME: 25 MINUTES | TOTAL: 25 MINUTES

 Pureed berries give the tangy wine vinegar dressing a creamy texture that gently clings to the lettuce and fruit. This is a salad to enjoy when fresh berries are in the market.

1 1/2 cups fresh raspberries, divided
1/4 cup extra-virgin olive oil
1/4 cup red-wine vinegar
1 small clove garlic, coarsely chopped
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground pepper
8 cups mixed salad greens
1 ripe mango, diced (see Tip, page 86)
1 small ripe avocado, diced
1/2 cup thinly sliced red onion
1/4 cup toasted chopped hazelnuts or sliced almonds (see Tip, page 86), optional

tee 1/2 cup raspberries, oil, vinegar, garlic,

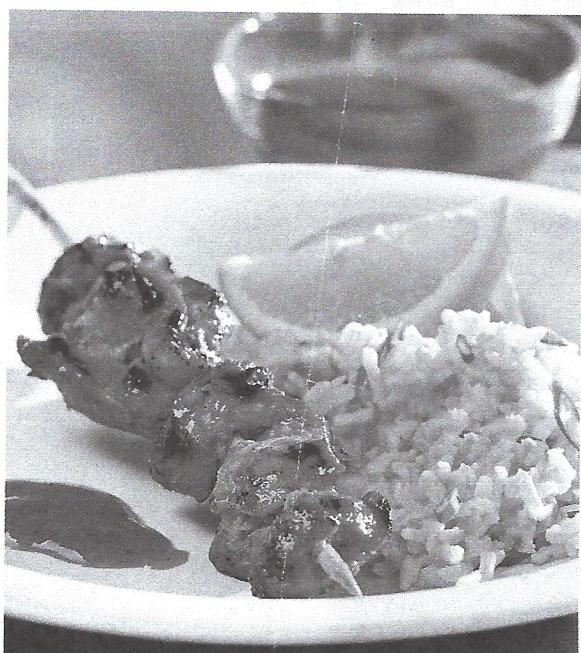
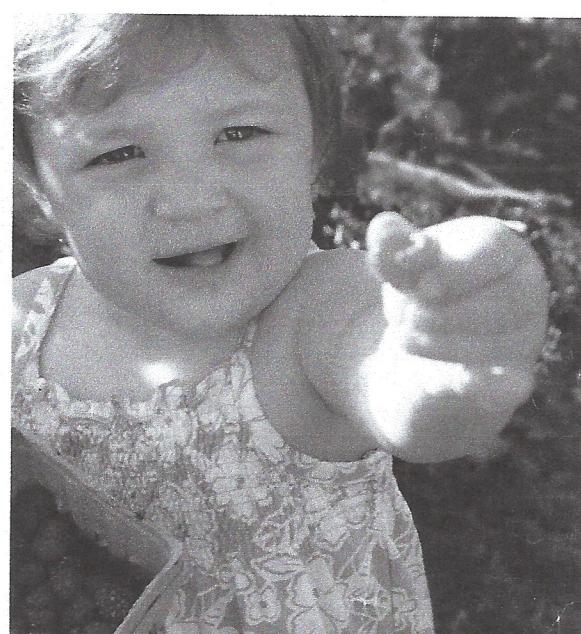
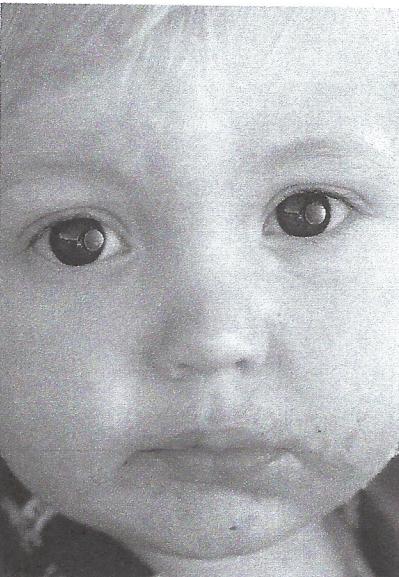
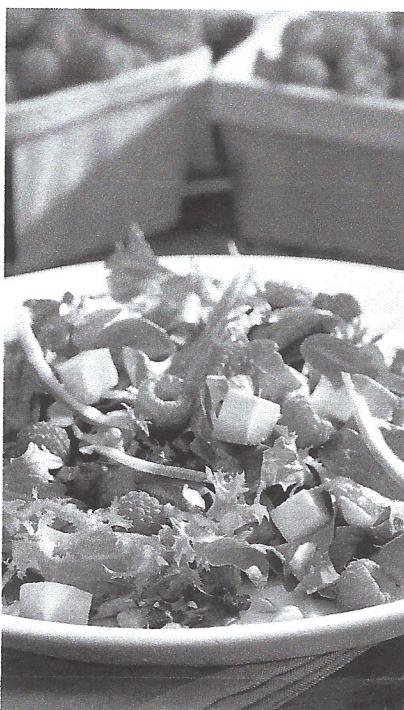
salt and pepper in a blender until combined.

2. Combine greens, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using.

MAKES 5 SERVINGS, ABOUT 2 CUPS EACH.

PER SERVING: 215 CALORIES; 16 G FAT (2 G SAT, 12 G MONO); 0 MG CHOLESTEROL; 18 G CARBOHYDRATE; 3 G PROTEIN; 7 G FIBER; 122 MG SODIUM; 564 MG POTASSIUM. NUTRITION BONUS: Vitamin C (70% DAILY VALUE), Vitamin A (60% DV), Folate (36% DV), Potassium (16% DV). 

Happy to share her loot, Parker offers up a berry straight from the bush (Sumner, bottom left, has evidently eaten his fill). If you get enough home, kids and adults alike will appreciate raspberries transformed into a rich dipping sauce and marinade for Barbecued Raspberry-Hoisin Chicken (bottom right). Another delectable way to share the harvest is with a fruit-studded Raspberry, Avocado & Mango Salad (top left). Typically raspberry vinaigrette is made with raspberry vinegar—the dressing on this salad includes pureed fresh raspberries, which really bump up the berry flavor.



Recipe Name KNOEDEL
Ingredients & Directions Roast Beef Salad

my german relatives
make 3" balls
bread must be
crusty rolls ripped
that are stale
onions + parsley
in butter. Food will melt.
bread let absorb shape in 2 1/2 - 3 "
balls. Cook in boiling water 15-20 min.
If need be, add flour.

500g bread (stale)

1/2 liter milk

3 eggs

4 oz butter

great w/gravy

sections in butter. Food will melt.

bread let absorb shape in 2 1/2 - 3 "

balls. Cook in boiling water 15-20 min.

If need be, add flour.

Roast Beef Salad

Dressing

1/4 c. oil

1/4 c. red wine vino

1 T Dijon mustard

1 t. soy sc.

1/2 t. ginger

1/4 t. garlic powder

Salad

16 oz thin sliced deli roast beef

1 c. pot sal.

lettuce

1 med onion

1 sm zuke

WINTER GRAPEFRUIT SALAD

Prep Time: 25 minutes

<u>1/4 cup grapefruit juice</u>	<u>3 grapefruit, peeled, seeded</u>
<u>2 tbsp. balsamic vinegar</u>	<u>and sectioned</u>
<u>2 tbsp. olive oil</u>	<u>2 pears, thinly sliced</u>
<u>1 tsp. sugar</u>	<u>1/8 cup dried cranberries</u>
<u>1/8 tsp. salt</u>	<u>1/3 cup pecans, toasted</u>
<u>1/8 tsp. black pepper</u>	<u>1/4 cup blue cheese or goat</u>
<u>4 cups mixed greens</u>	<u>cheese, crumbled</u>

1. For dressing whisk together grapefruit juice, vinegar, oil, sugar, salt and pepper. Set aside.
2. Combine salad greens, grapefruit, pears, cranberries and pecans; top with cheese. Add dressing, tossing gently. Serve immediately.

Serves 4

Per Serving: 320 calories, 42g carbohydrate, 5g protein, 17g fat, 7g fiber, 6mg cholesterol, 207mg sodium

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Time: _____

WHAT'S COOKIN'

Serves: _____

From the kitchen
Mrs. 16days

Hot Chicken Salad

Yum

- | | |
|--------------------------------|----------------------|
| 1 1/2 cups toasted bread cubes | 3 Tbsp lemon juice |
| 3 cups diced cooked chicken | 1/2 tsp salt |
| 2 cups grated sharp cheese | 1/4 tsp pepper |
| 3/4 - 1 cup slivered Almonds | 1 1/4 cup mayonnaise |
| 3 cups diced celery | 2 cup crushed |
| 1 1/2 Tbsp onion, grated | potato chips |

Combine all ingredients except chips.

Mix well. Pour into 9x13 dish and
top with chips. Bake @ 350° for
(Can be doubled-will feed 25) 25 min.

Diane's berry Straw Spin Salad

- 1 lb spin
1 c. str
1 c. bn sp
1 c. grapes 1/2
1/4 bacon

dressing

- 1 c. oil
2/3 c. vinegar
1 med on. grated
3/4 c. sugar
1 T salt
1 T Worcester

Yum



CHARRED STEAK SALAD WITH SPICY DRESSING

- 1 cup mayonnaise
- 3 Tbsp. Asian chili-garlic sauce
- 2 Tbsp. rice vinegar
- 2 Tbsp. fresh lime juice
- 2 tsp. kosher salt, divided
- 1 tsp. freshly ground black pepper, divided
- 1 (2-lb.) flank steak
- 1 Tbsp. olive oil
- 2 fresh rosemary sprigs
- 1 lb. broccoli florets
- 1 lb. cauliflower florets
- 1/4 cup extra virgin olive oil
- 3 cups loosely packed gourmet lettuce (such as arugula, baby kale, or baby spinach)
- French fried onions

1. Preheat grill to 350° to 400° (medium-high) heat. Whisk together first 4 ingredients in a medium bowl.
 2. Sprinkle 1 tsp. salt and 1/2 tsp. pepper over steak. Grill steak, covered with grill lid, 8 to 10 minutes on each side or to desired degree of doneness. Brush steak with olive oil, using rosemary sprigs as a basting brush. Let stand 10 minutes.
 3. Meanwhile, preheat broiler with oven rack 7 inches from heat. Toss together broccoli, next 2 ingredients, and remaining 1 tsp. salt and 1/2 tsp. pepper in a large bowl. Spread broccoli mixture in a single layer in a jelly-roll pan, and broil 3 to 5 minutes or until charred and tender. Transfer to large bowl.
 4. Toss together broccoli mixture and lettuce. Cut steak diagonally across the grain into thin strips. Arrange steak on a serving platter; top with broccoli mixture. Sprinkle with fried onions, and serve with dressing.
- MAKES** 4 to 6 servings. **HANDS-ON** 35 min., **TOTAL** 35 min.

INGREDIENTS

- 1 (1½-pound) beef flank steak, trimmed
- Salt and freshly ground pepper
- 4 small summer yellow squash, thinly sliced lengthwise
- 4 small zucchini, thinly sliced lengthwise
- 3 tablespoons fresh lemon juice
- ½ cup coarsely chopped fresh parsley leaves
- ½ cup coarsely chopped fresh basil leaves
- 1 garlic clove, chopped
- 1 teaspoon Dijon mustard
- 6 tablespoons olive oil
- ½ cup chopped red onion (optional)
- 2 cups grape tomatoes, halved

1 Heat the grill at the medium-high setting. Sprinkle the steak with salt and pepper to taste. Grill the meat (about 7 to 9 minutes per side on a gas grill for medium rare, longer if you prefer medium or well done). Let the steak cool, then cut it in half lengthwise and slice each half across the grain into thin strips.

2 Meanwhile, brush the yellow squash and zucchini with 2 tablespoons of the lemon juice and season it with salt and pepper. Grill the sliced vegetables, turning them once, until tender (about 2 to 3 minutes). Then cut them into thirds.

3 In a food processor, combine the parsley, basil, garlic, Dijon, and remaining tablespoon of lemon juice and blend well. With the motor running, slowly add the oil and blend well. Season with salt and pepper to taste.

4 In a large bowl, combine the steak, squash, zucchini, and onion, if desired. Add the dressing and toss to mix. Sprinkle with more salt and pepper, if desired. Stir in the tomatoes and serve. Makes 6 servings.



Grilled Everything Salad With Pesto Vinaigrette

There are two ways to serve this colorful steak-and-veggie salad: simply pile it on a bed of lettuce and dig in or turn it into sandwiches by stuffing it into pita bread halves.

BURRATA SUMMER SALAD

This salad features fresh summer

veggies topped with creamy burrata cheese.
Make it extra decadent by serving with
sliced prosciutto.

READY IN 15 MIN. - SERVINGS 4

✓ $\frac{1}{2}$ cup hazelnuts	✓ 2 (4 oz) pkgs
✓ 4 clementines	burrata cheese
✓ $\frac{1}{2}$ red onion	✓ 1 (7 oz) container pesto
✓ 2 tomatoes	
✓ 1 (9 oz) bag mixed greens	

STEP 1 Coarsely chop the hazelnuts and toast in a sauté pan without oil or butter until golden, 3 min. Peel the clementines and break apart the segments.

STEP 2 Slice the onion and quarter the tomatoes. Arrange the mixed greens in a bowl with the tomatoes, clementines, and onion. Tear the burrata cheese and set on top. Drizzle with pesto and sprinkle with toasted hazelnuts.

Tip Slice half a baguette and serve with the salad.

Per serving: 517 calories, 45g fat, 13g saturated fat, 45mg cholesterol, 624mg sodium, 19g carbohydrate, 5g fiber, 11g sugar, 20g protein



NIÇOISE SALAD WRAPS

Classic French niçoise salad gets wrapped up for a tasty on-the-go meal.

READY IN 15 MIN. - SERVINGS 4

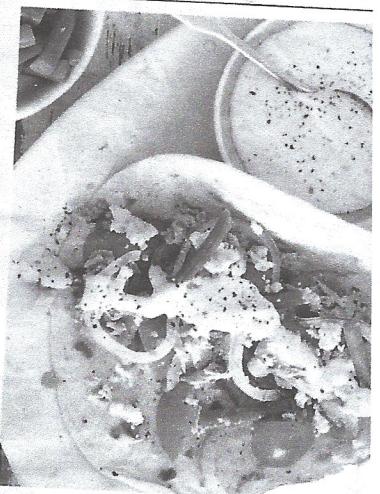
✓ 2 large eggs	✓ 2 (5 oz) cans water-packed tuna
✓ 1 (10 oz) bag Steamfresh Green Beans	✓ $\frac{1}{4}$ cup light mayonnaise
✓ $\frac{1}{2}$ red onion	✓ 2 tbsp lemon juice
✓ 1 cup cherry tomatoes	✓ 1 tbsp minced garlic
	✓ 4 medium flour tortillas

STEP 1 Boil the eggs for 10 min. Rinse under cold water, peel, and mash with a fork. Prepare the green beans according to package directions and rinse.

STEP 2 Meanwhile, slice the red onion and cut the tomatoes into quarters. Drain the tuna and mash with a fork. In a small bowl, mix together the mayonnaise, lemon juice, and garlic until mixture is well blended. Season with salt (in moderation) and pepper to taste.

STEP 3 Divide the tuna and egg among 4 flour tortillas. Top with green beans, onions, and tomatoes. Drizzle mayonnaise dressing on top and serve.

Per serving: 361 calories, 12g fat, 3g saturated fat, 150mg cholesterol, 524mg sodium, 35g carbohydrate, 4g fiber, 6g sugar, 27g protein



Carrie's NEPTUNE PASTA SALAD

- 8 oz. shell pasta
1 can (6 1/8 oz.) white tuna packed in water, drained
2/3 cup ranch style dressing
2 Tbsp. Salad Supreme Seasoning (McCormick)
10 cherry tomatoes, halved
2 green onions, sliced

2/3/01

Cook pasta according to package directions; rinse and drain. Combine tuna, salad dressing and Salad Supreme. Add pasta and toss. Stir in vegetables. Cover and refrigerate 3 hours. (I generally do it overnight). Stir before serving.

tarragon chicken salad

TOTAL TIME: 35 MINUTES | SERVES 4

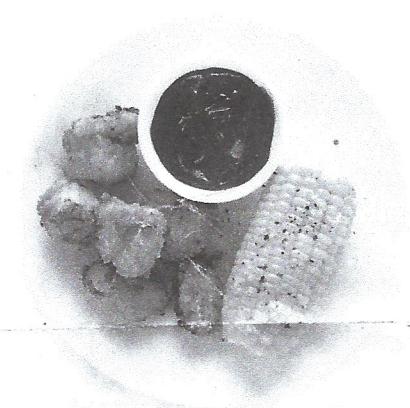
Rub 3 6-ounce **boneless chicken breasts** with **olive oil**. Roast at 400° F until cooked through, 14 to 16 minutes; let cool, then shred. Mix together $\frac{1}{2}$ cup **mayonnaise**, $\frac{1}{4}$ cup chopped **tarragon**, 1 teaspoon grated **lemon zest**, and 1 tablespoon **lemon juice**. Fold in the chicken, 2 sliced **scallions**, and 2 sliced **celery stalks**; season with **salt** and **pepper**. Serve over **watercress**.



crispy popcorn chicken

TOTAL TIME: 20 MINUTES | SERVES 4

Cut 4 6-ounce **boneless chicken breasts** into 1-inch pieces; season with **salt** and **pepper**. Dip in 1 cup **buttermilk**, then in 1 cup **flour**. In batches, fry the chicken in $\frac{1}{2}$ inch **canola oil** in a large skillet over medium-high heat until golden and cooked through, 1 to 2 minutes per side; drain and season with **salt**. Serve with **barbecue sauce** and **corn on the cob**.



YUM

chicken Milanese with arugula salad

TOTAL TIME: 20 MINUTES | SERVES 4

Split 4 6-ounce **boneless chicken breasts** horizontally (do not cut all the way through); open and pound to a $\frac{1}{2}$ -inch thickness. Season with **salt**, **pepper**, and $\frac{1}{2}$ teaspoon **ground coriander**. Grill over high heat until cooked through, 2 to 3 minutes per side. Toss 6 cups **arugula**, 4 sliced **radishes**, and $\frac{1}{2}$ sliced small **red onion** with **vinaigrette**. Serve over the chicken.



baked pecorino chicken

TOTAL TIME: 30 MINUTES | SERVES 4

Toss together 2 cups coarse **fresh bread crumbs**, $\frac{1}{2}$ cup grated **pecorino**, and 2 tablespoons melted **butter**. Place 4 6-ounce **boneless chicken breasts** in a baking dish; season with **salt** and **pepper** and sprinkle with the bread crumb mixture. Cover and bake at 400° F for 15 to 20 minutes. Uncover and bake until cooked through, 5 to 7 minutes. Serve with sautéed **chard**.



open-face chicken Caprese sandwiches

TOTAL TIME: 25 MINUTES | SERVES 4

Split 4 6-ounce **boneless chicken breasts** horizontally; season with **salt** and **pepper**. In batches, cook in **olive oil** in a large skillet over medium-high heat until cooked through, 2 to 3 minutes per side. Top 8 slices **country bread** with the chicken, 3 sliced **tomatoes**, and 8 ounces sliced **mozzarella**. Broil until the cheese is melted, 3 to 5 minutes. Sprinkle with **basil**.

► TIP

For moist, perfectly cooked boneless, skinless chicken breasts, use an instant-read thermometer to test for doneness. A reading of 160° F is just right.

Ingredients: AMAZING FRUIT SALAD

For Salad:

- 2 cups halved strawberries
- 1 cup blueberries
- 1 cup grapes
- 1 cup chopped peaches
- 1 large banana sliced
- 1 large apple sliced

Great

For Glaze:

- 6 oz fat free vanilla yogurt
- 1/4 cup coconut milk (found in the Asian sections of the grocery store)
- 2 tbls splenda - or sugar equivalent (if sugar, use)
- 1/4 tsp coconut extract
- 1/4 tsp lime juice

Directions:

In a large bowl, combine all of the fruit and set aside.

In a mixing bowl, combine all glaze ingredients until mixed well.

Add glaze to fruit bowl. Toss and coat all fruit evenly.

Makes 6 servings.

The Kays
Winter Salad

1 lg. Romaine
1 c. Shred swiss
1 c. cashews
1/4 c. cranberries
1 apple, cubed
1 pear, cubed

dressing:
1/4 c. sugar
1/2 lemon
1t. chop onion
1/2 t. Dijon
1/8 t. salt
1/2 T. poppy seed

pour in 1/3 c. canola oil *
while blending

German Potato Salad

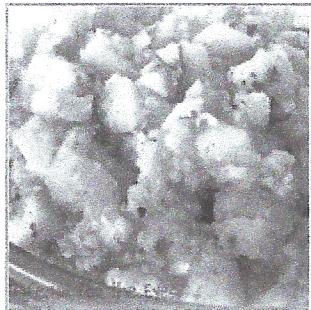
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German Potato Salad Heirloom Recipe

by Foodiewife



so good



My Mutti was born and raised in Bavaria, and I grew up with this wonderful potato salad. She owned a Bavarian Delicatessen in my hometown of Monterey, CA for years. Every morning, she'd make a fresh batch of her famous potato salad, and it would sell out by noon. Unlike a Northern German version of Hot Potato salad, with lots of sugar-- this version is more savory, with a subtle taste of bacon and just a little bit of sugar. I finally decided to share my mother's personal recipe, now that I've learned to make it just like she did. It's a family favorite. To see how to make it, please visit my food blog at:



Avg. 5/5 1 vote

Prep time: 30 minutes

GERMAN

Cook time: 15 minutes

Servings: 12

Ingredients

- 5 pounds Yukon Gold potatoes
- 1 small red onion, finely chopped (about 1 cup)
- $\frac{1}{2}$ pound bacon strips
- 1 Tablespoon dill
- $\frac{1}{4}$ cup fresh parsley, chopped
- $\frac{1}{4}$ cup chicken stock
- 1 teaspoon sugar
- 2 teaspoons kosher salt
- 1 teaspoons fresh cracked pepper, approx
- $\frac{3}{4}$ cup red wine vinegar
- $\frac{1}{4}$ cup Japanese rice vinegar (optional secret ingredient)
- 1 cup vegetable oil

Directions

1. PREP: Slice the bacon and cook until crispy. Drain the bacon on a paper towel and save about 2 Tablespoons of the fat. Finely chop the cooked bacon and set aside. Finely dice the onion, parsley and fresh dill (dried dill is fine, too) NOTE: You want all of your ingredients to be prepped, because once you peel and slice the potatoes, you want to add the "dressing" so that it better absorbs into the potatoes.
2. Boil the potatoes, skin on, until fork tender (approx 20-30 minutes) in water. Drain and allow to cool so that they can be picked up, and held into a clean tea towel.
3. TIP: Hold a potato in a tea towel and grip with one hand. Rub the peel off with the towel, and the other hand, and the peels should come right off!
4. Once all of the potatoes are peeled, cut each potato in half and then into fairly thin slices (about 1/4") into a large bowl.
5. Pour the vinegar, salt & pepper, to the warm potatoes and wait for a few minutes, so that it absorbs.
6. Add the bacon, onion, salt and pepper, and dill. Add the reserved bacon fat, and chicken stock.
7. Gently stir with a large spatula, being careful not to press the potatoes too much.
8. Add about 3/4 cups of the vegetable oil (you can always add more). Gently combine.
9. Add 1 teaspoon of white sugar-- not too much!
10. Taste the salad. Adjust the salt, if necessary. Add a little more vinegar, so that it has a mild tartness to it.
11. The potato salad should have a nice sheen to it, but not be too oily. Add a little oil at a

looks
weird but
delicious

Dish: Green Salad (Olivia W.)

Number Served:

Ingredients: 1 large container of cool whip or $1\frac{1}{2}$ regular sized containers, 1 box of pistachio pudding, 1 20 oz. can crushed pineapple partially drained, 2 cups mini marshmallows. Stir cool whip and pudding mix until well blended (or use mixer), then stir in pineapple and most of marshmallows. Sprinkle some marshmallows on top of salad.

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Carie Greens



RECIPE FOR Carie's Pasta Salad

serves 6

8 oz shell pasta

1 can (6 1/2 oz) white tuna (water drained)

2/3 c. ranch dressing

1 T Salad Supreme Seas. (McCormick)

10 cherry tom.

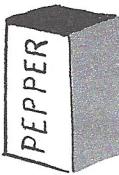
2 gyn. onions

Cook pasta & drain. Mix tuna, salad dressing & Salad Supreme. Add pasta, toss. Add veggies. Cover & chill 3 hrs. Stir.

MY (MOM'S) POTATO SALAD)

the one I always make

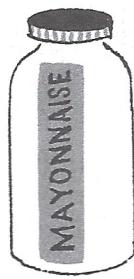
Ingredients



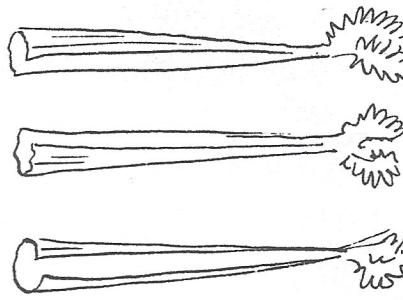
$\frac{1}{4}$ TEASPOON PEPPER



1 $\frac{1}{2}$ TEASPOONS SALT



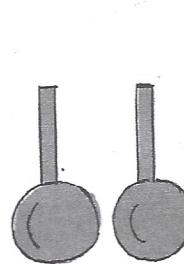
6 TABLESPOONS MAYONNAISE



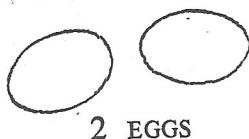
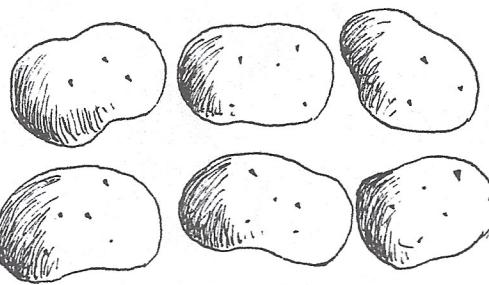
3 STALKS OF CELERY



4 SPRIGS PARSLEY



2 TABLESPOONS VINEGAR



2 EGGS

6 POTATOES