

## Salads & Dressings

### Caesar Salad

#### Ingredients

Romaine lettuce

4 Tbsp Olive Oil

½ tsp salt

1-2 cloves garlic

6-8 drops Worcestershire

½ tsp dijoin mustard

Juice of ½ lemon

Fresh ground pepper

¼ cup Parmesan Cheese

#### Directions

1. Crush garlic into bowl with oil.
2. Add remaining ingredients and whisk.
3. Pour onto lettuce and mix.

### Italian Dressing

#### Ingredients

1 cup Olive Oil

1 Tbsp sugar

2 Garlic cloves, minced

½ tsp dried oregano

¼ tsp dried basil

¼ tsp onion powder

¼ tsp salt

¼ cup vinegar – white wine or balsamic

### **Directions**

1. Crush garlic into bowl with oil.
2. Add remaining ingredients and whisk.
3. Store any leftovers in the refrigerator. Keep a jar in the refrigerator at work and one at home.

## **French Dressing**

### **Ingredients**

1 cup olive oil

¼ cup ketchup

1 pressed garlic clove

2 Tbsp sugar

1 tsp Worcestershire sauce

2 Tbsp white wine vinegar

### **Directions**

1. Crush garlic into bowl with oil.
2. Add remaining ingredients and whisk.
3. Store any leftovers in the refrigerator. Keep a jar in the refrigerator at work and one at home.

## **Sun-Dried Tomato Salad Dressing or Marinade**

This dressing is AMAZING!!! We love to put this on our side salad to give it some new flavor!

### **Ingredients**

1 cup sun-dried tomatoes

1 cup extra virgin olive oil

1 tablespoon capers

Juice from ½ lemon

2 garlic cloves

2 tablespoons fresh rosemary (or 1 teaspoon dried)

Black pepper to taste

#### Directions

1. Combine all ingredients in a food processor and process until smooth.
2. Use as a salad dressing or meat marinade.

### **Taco Salad**

We eat taco salad once a week for supper and take leftovers to work for lunch. Super easy and delicious salad!

#### **Ingredients**

Salad greens (romaine, spinach, green leafy)

1 pound ground burger (beef, turkey, or wild game)

1 can black beans, drained and rinsed

½ can black olives, diced

½ avocado, diced

2 tomatoes, diced

Sugar free salsa

Shredded cheese

**Mexi Mix** – We use this for our taco seasoning instead of buying the packages that are all full of MSG! Use 3 Tbsp of *Mexi Mix* to replace one packed of commercial mixes.

5 Tbsp ground cumin

6 Tbsp chili powder

1 tsp garlic powder

1 tsp onion flakes

¼ tsp black pepper

¼- ½ tsp cayenne pepper

½ tsp salt

### **Directions**

1. Brown burger and drain excess fat.
2. Add 3 Tbsp of *Mexi Mix* and ½ cup of water.
3. Add black beans and allow to simmer.
4. Place salad greens on plate.
5. Top with burger/bean mixture, cheese, salsa, avocado and tomatoes.

**Serves 4**

### **Buddy's Chopped Pantry Salad**

This recipe is from Buddy Valastro, you know the Cake Boss on TV's TLC. It's a great salad with a fun mixture of vegetables.

### **Ingredients**

½ cup provolone cheese, diced in ½ inch cubes (Optional)

1 cup salami, diced or julienned

1 cup jarred artichoke hearts, quartered (about 1 jar)

1 red pepper

½ cup olives (kalamata or black)

1 celery heart, thinly sliced

1 small red onion, thinly sliced

2 roma tomatoes, diced

1 head romaine, chopped

### **Dressing ingredients**

3 tablespoons red wine vinegar

¼ cup extra virgin olive oil

½ teaspoon dried oregano

½ teaspoon dried thyme

1 teaspoon sugar

Salt and black pepper to taste

Parsley, chopped

#### Directions

1. In a very large bowl, combine cheese, salami, artichoke hearts, red peppers, olives, celery, onion, tomatoes and lettuce. Toss well with hands or tongs to distribute all ingredients well.
2. In a medium bowl, add red wine vinegar. With a whisk, slowly pour in olive oil, whisking constantly to emulsify. When emulsified, add oregano, thyme, sugar and season with salt and pepper. Whisk to incorporate. Toss salad with oil, being careful not to overdress. Serve immediately and garnish with freshly chopped parsley.

### **Avocado Dressing and Dip**

We often use this dip for our veggies in place of hummus. I have taken it to parties with a veggie tray, and everyone always asks how to make it! It is also good as a dressing on the taco salad.

#### Ingredients

2 ripe avocados

4 tablespoons extra virgin olive oil

2 garlic cloves, minced

1 tablespoon lemon juice

½ teaspoon pepper

Pinch of cayenne pepper

1 cup mild green salsa

#### Directions

Place all ingredients in a food processor and blend on high until smooth. Serve as dip with fresh veggies or as a dressing over organic mixed baby greens.

### **Green Bean, Walnut and Feta Salad**

We first tried this recipe with fresh green beans from our garden. Great to serve with any grilled items. You can use frozen if needed.

### **Ingredients**

1 pound green beans, trimmed  
½ red onion, sliced  
¼ cup toasted, chopped walnuts  
¼ cup white wine vinegar  
¼ cup extra virgin olive oil  
½ cup reduced fat feta, crumbled  
Freshly cracked black pepper

### **Directions**

1. Bring a large pot of water to boil.
2. Add green beans and cook for 3-4 minutes until tender but crisp.
3. Drain and cool.
4. Combine beans, walnuts and onion in large bowl.
5. In small bowl, whisk together olive oil and vinegar; add pepper to taste.
6. Toss and combine with bean mixture.
7. Top with crumbled feta and freshly cracked black pepper.

Serve warm or cold.

**Serves 6**

## **Strawberry Spinach Salad**

### **Ingredients**

4 cups baby spinach  
1 cup strawberries (or raspberries), quartered  
¼ cup greek yogurt  
Zest and juice of one lemon  
1 Tablespoon olive oil  
1 Tablespoon red wine vinegar

1 Tablespoon sugar

1 Tablespoon poppy seeds

Pinch of salt

¼ cup chopped red onion

1/3 cup slivered almonds, toasted

¼ cup feta cheese, crumbled

### Directions

In a large bowl, toss together spinach and berries. In small bowl, mix yogurt, lemon zest and juice, olive oil, red wine vinegar, sugar, poppy seeds, salt and onion. Pour over spinach and berries, and toss to coat. Sprinkle with almonds and cheese. Make it a meal by adding cooked sliced chicken breast!

## **Simple Pear Salad**

This is a quick side salad to dress up any meal.

### Ingredients

5 ounces organic mixed salad greens

1 pear, diced

½ red onion, thinly sliced

Extra virgin olive oil to taste

3 tablespoons balsamic vinegar

1/3 cup sliced almonds or pecans

Black pepper to taste

### Directions

1. Toss greens, pear and onion together.
2. Drizzle salad with olive oil and sprinkle on nuts
3. Finish with fresh cracked pepper.