

JUST THE FACTS SALAD RECIPES

Small Green Salad

Basic Mix:

1 8-oz. container mesclun mix
(spring lettuces and spinach) mix
1 head green leaf lettuce,
coarsely chopped

1 large cucumber, peeled, halved,
and cut in ½" slices
1 large tomato, cored and
cut in 8 wedges

Procedure:

Put 1 cup of the salad mix on a small plate, and add 2 slices of cucumber and 1 tomato wedge. Drizzle with the desired amount of dressing.

Dressing:

1 teaspoon Dijon mustard
1½ teaspoons white balsamic
vinegar

2 teaspoons hot pepper
raspberry jam
1 tablespoon olive oil

Dressing Procedure:

To make the dressing, put the mustard, vinegar and jam together in a small mixing bowl. Add the oil drop by drop, whisking briskly.

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Fajita Salad

Basic Mix:

1 8-oz. container mesclun
(spring lettuces and spinach) mix
1 head green leaf lettuce,
coarsely chopped

1 large cucumber, striped, halved,
and cut in ½" slices
1 large tomato, cored and
cut in 8 wedges

Ingredients

1½ teaspoons olive oil
8-oz. chicken breast meat, cut in
half-inch wide strips
1 cup sliced mixed bell peppers
(red, yellow and green; about ¼
pepper of each)

½ medium yellow onion, sliced
(about ½ cup)
1½ teaspoons fajita spice mix

Procedure:

In a medium sauté pan, heat the oil over medium-hot heat. Add the chicken and cook about 3 minutes, stirring occasionally. Add the bell pepper strips and the sliced onion, season with fajita mix, and cook 3-4 minutes longer or until the chicken is fully cooked (internal temperature of 165°).

Put 2 cups of the salad mix on each of 2 serving plates. Divide the fajita mixture between the 2, and garnish with 4 cucumber and 4 tomato slices each. Dress to taste.

Dressing:

1 teaspoon Dijon mustard
1½ teaspoons white balsamic
vinegar

2 teaspoons hot pepper
raspberry jam
1 tablespoon olive oil

Dressing Procedure:

To make the dressing, put the mustard, vinegar and jam together in a small mixing bowl. Add the oil drop by drop, whisking briskly.

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Horatiki (Greek Village) Salad

(makes 3 small salads)

1 cup diced feta cheese
1 cup tomato wedges
1 cup cucumber slices

2/3 cup Kalamata olives
1/2 cup sliced red onion

Procedure:

Mix all ingredients gently and divide among three plates. Dress individually with oil and vinegar, and sprinkle, if desired, with fresh or dried oregano leaves.

Tabouli

4 cups cooked bulgur wheat
1/2 cup chopped green onion
1 cup diced fresh tomato
1 cup diced cucumber
2/3 cup olive oil

1/3 cup fresh lemon juice
1/2 cup chopped parsley
1/4 cup (loosely packed) sliced fresh
mint leaves

Procedure:

Mix all ingredients. Taste for seasoning; add up to 1/2 teaspoon salt if desired.

Pasta Salad

4 cups cooked, chilled fusilli
2/3 cup roasted red bell peppers,
cut in julienne
1/4 cup chopped green onions

2/3 cup grape tomatoes
1/2 cup dressing (see below)
1/2 cup flatleaf (Italian) parsley,
very coarsely chopped

Dressing:

1 1/2 tablespoons pesto sauce
1 1/2 teaspoons white balsamic vinegar
1/4 cup olive oil

Procedure:

Mix salad and dressing ingredients separately, then toss lightly together.