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.
Fajita Salad

Basic Mix:

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

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)

1 large cucumber, striped, halved, and cut in ½” slices
1 large tomato, cored and cut in 8 wedges
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
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.
**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  
½ cup sliced red onion  
½ 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.

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**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.

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**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.