

SUMMER SALAD RECIPES

BRUSSELS SPROUTS SALAD WITH DRIED CHERRIES

¼ cup lemon juice
2 tbsp. grainy Dijon mustard
¼ cup olive oil
¼ cup grated Pecorino Romano cheese
3 (12 oz.) packages shredded Brussels sprouts
½ cup dried cherries
½ cup pecans

In an ungreased small skillet, toast the pecans on medium-low heat for 3 – 5 minutes until deep golden, stirring often. Remove from heat and let cool completely.

Meanwhile, in a large bowl, whisk the lemon juice, Dijon mustard and oil until well combined; stir in the Pecorino Romano. Season the dressing with salt and pepper to taste, and then add the Brussels sprouts and toss until well coated. Let stand 2 hours or up to 5 hours. After standing, chop the pecans and add to the salad along with the dried cherries. Toss to combine. Serves 8

LEMON-CAPER POTATO SALAD:

3½ pounds small white or red potatoes
½ cup extra-virgin olive oil
3 lemons, juiced and zested
3 tablespoons minced shallots
2 tablespoons chopped fresh parsley
3 tablespoons chopped fresh dill
Salt and freshly ground black pepper, to taste
2 tablespoons rinsed and drained capers

Scrub the potatoes and cut into quarters. Place in a stockpot and fill with enough water to completely cover the potatoes by 1 inch. Bring the water to a boil,

reduce the heat, and simmer until the potatoes are just tender. Drain in a colander. Once cool enough to handle, cut potato into serving size pieces.

In a bowl large enough to hold the potatoes, whisk together the olive oil, lemon juice, lemon zest, shallots, parsley and dill until well combined; season with salt and pepper to taste.

Add the warm potatoes and capers to the bowl. Toss gently with a wooden spoon or your hands (wearing disposable plastic gloves) to coat with the dressing. Taste, if a little too sour, add a pinch or two of sugar, mix again then serve warm, or refrigerate and served chilled. Serves 4 – 6

ARUGULA, DATE AND GRAPE SALAD WITH GOAT CHEESE

4 cups arugula, either regular or baby arugula
½ cup dates, pitted and chopped
1 cup washed and dried green grapes, cut in halves
½ cup walnut pieces
¼ cup Goat Cheese crumbles
3 tbsp. olive oil
1½ tbsp. balsamic vinegar
¼ tsp. salt
¼ tsp. ground pepper

Combine arugula, dates, grapes, walnuts and goat cheese in a large salad bowl.

Whisk together oil, balsamic vinegar, salt and pepper in a small bowl. Pour over salad; toss to thoroughly mix. Serves 4

FRESH MOZZARELLA WATERMELON SALAD

2 cups seedless watermelon cut into small cubes
2 cups fresh mozzarella pearls
1 cup fresh basil, chopped
1 to 2 tbsp. green onions, chopped
½ cup extra-virgin olive oil

Salt and pepper, to taste
2 to 3 cups mixed baby greens
Balsamic vinegar, to taste

Toss together the watermelon, mozzarella pearls, basil, green onion and olive oil. Season this with salt and pepper. Serve on a bed of mixed greens; drizzle a bit of balsamic vinegar over the salad if desired. Serve at room temperature or chilled.
Serves 6

TORTELLINI SALAD WITH ASPARAGUS AND BASIL DRESSING

½ teaspoon kosher salt, plus more as needed
1 pound asparagus, trimmed
1 pound fresh or frozen cheese tortellini
¼ cup pine nuts – toasted
1/3 cup extra-virgin olive oil
3 tablespoons fresh lemon juice (from 1 lemon)
1 small shallot, finely chopped
1 garlic clove, minced
½ teaspoon freshly ground black pepper, or more, as needed
12 ounces cherry tomatoes or grape tomatoes, each cut in half
½ cup packed fresh basil
1 ounce Parmigiano-Reggiano cheese, grated (1/2 cup)

Bring a large pot of generously salted water to a boil over high heat. Fill a large bowl halfway with ice and water. Line a baking sheet with paper towels or lay a clean kitchen towel on the counter.

Trim 1-inch from the ends of the asparagus stalks. If some of the stalks are much thicker than a pencil, use a vegetable peeler to remove the woody exterior from the bottom half of each one. Cut the stalks and spears into 1-inch length. Add the asparagus to the boiling water; cook until crisp-tender and a more vivid shade of green, about 2 minutes; do not drain the water. Using a slotted spoon, transfer the asparagus to the ice water bath and allow them to cool. Spread the asparagus on the baking sheet or kitchen towel to dry. Set aside.

Return the pot of water to the boil. Add the tortellini and cook, stirring often, until tender, according to the package directions. Drain the tortellini, rinse it with cold water, and drain again, leaving it slightly wet. While the tortellini is cooking, toast the pine nuts in a small, dry skillet over medium-low heat for several minutes, shaking the pan to avoid scorching, until browned. Cool completely.

Whisk together the oil, lemon juice, shallot, garlic and the ½ teaspoon each of salt and pepper in a large serving bowl. Add the cooked tortellini and tomatoes, tossing to incorporate, and let sit for 15 minutes. Chop the basil leaves and add them to the bowl, along with the asparagus, Parmesan and the toasted pine nuts. Taste, and add more salt and/or pepper, as needed. Enjoy. Note: This salad can be kept in the refrigerator for up to 5 days in a sealed container. Serves 4 – 6

OVERNIGHT LAYERED LETTUCE SALAD

1 medium head iceberg lettuce, torn
1 medium green pepper, chopped
1 small sweet red pepper, chopped
1 medium onion, sliced and separated into rings
2 cups frozen peas
1 cup mayonnaise
1 tbsp. sugar
1 cup – 4 oz. shredded cheddar cheese
12 bacon strips, cooked and crumbled
¾ cup dried cranberries

In a 3-qt. glass round container or 9 x 13 inch glass dish, layer first five ingredients. In a small bowl mix the mayonnaise and sugar; spoon over salad, spreading to cover.

Sprinkle top with cheese, bacon and cranberries. Cover and refrigerate overnight. Serves approx. 16

GRILLED WATERMELON AND FETA SALAD STACKS

1 5-lb. seedless watermelon
2 tbsp. olive oil
8oz. block or roll feta cheese, sliced
Honey
½ cup packed fresh basil
¼ tsp. sea salt
Lime wedges to garnish

Cut watermelon into ¾ inch to 1-inch slices, trim off rind. Using a 3-inch square or round cutter, cut 10 squares or circles out of the watermelon slices – set aside on a sheet pan. Brush both sides with the olive oil.

Grill watermelon, covered, over medium heat about 1 minute per side or until charred. Transfer watermelon to a shallow baking pan, refrigerate 30 minutes. Drain any liquid that has gathered around watermelon.

Stack feta slices on half of the watermelon pieces, and then top with remaining watermelon pieces. Drizzle stacks with honey, top with basil and sprinkle with salt. Serve with lime wedges.

PASTA SALAD WITH FENNEL, TOMATOES, CHICKPEAS, AND MOZZARELLA

1 small garlic clove, minced
Kosher salt and freshly ground black pepper
1 tbsp. fresh lemon juice
2 tbsp. red wine vinegar
1 tsp. dried Oregano
½ cup extra virgin olive oil
1 pint cherry tomatoes, halved
1 pound gemelli or fusilli pasta – cooked as per package directions

Using the side of a chef's knife, mash the garlic with 1 tsp. of salt into a paste. Transfer to a small bowl; whisk in lemon juice, vinegar, oregano, and oil. Stir in ¼

tsp. each salt and pepper. Using a fine mesh sieve, toss the cut tomatoes with 1 tsp. salt; let stand 15 minutes to drain.

Cook the pasta in generously salted water according to the package directions until cooked all the way through. Drain, but don't rinse, then spread them out on a rimmed baking sheet and toss with one-half of the vinaigrette. Once tossed, allow them to cool for 30 minutes.

Meanwhile, in a large bowl, toss fennel, caper and brine, chickpeas, mozzarella, and salted tomatoes with remaining vinaigrette. Add pasta, toss to combine, then season with salt and pepper. Refrigerate up to a day ahead; let stand at least 30 minutes prior to serving. Toss with Parmigiano-Reggiano and parsley to serve. Serves 4 to 6

SALAD OF ROASTED PEARS AND DRIED CRANBERRIES

3 Bartlett or Anjou pears, cored
7 tbsp. olive oil – divided
¼ tsp. ground cinnamon
¼ cup white wine vinegar
1 tbsp. Dijon mustard
¼ tsp. sugar
4 cups Arugula
5 cups chopped romaine
½ cup dried cherries
½ cup chopped walnuts, toasted

Preheat oven to 375-degrees. Line a rimmed baking sheet with parchment. Cut the pears into thin wedges. Toss with 2 tbsp. olive oil and cinnamon; season with salt and pepper. Arrange pears in a single layer on prepared pan; bake 15-18 minutes, until tender but not falling apart. Cool completely.

Meanwhile whisk together the vinegar, mustard and sugar. Whisk in remaining 5 tbsp. oil. Season with salty and pepper to taste.

When ready to serve, toss the greens with some of the vinaigrette. Arrange on a platter. Top with pears. Sprinkle the cranberries and the walnuts on top. Serve remaining dressing on the side.

Chef's Tip: Vinaigrette can be made and refrigerated up to 2 days ahead. Pears can be roasted and held at room temperature up to 5 hours ahead.

SALAD OF WARM SMOKED FISH WITH BLUEBERRIES, AVOCADO, WALNUTS AND GREENS

Honey-Chia Dressing:

3 tbsp. extra-virgin olive oil
1 tbsp. white wine vinegar
1 tsp. honey
1 tbsp. Chia seeds
Good pinch of salt

Salad:

2 handfuls each, arugula, baby spinach leaves, and baby kale, washed and dried
1 small red onion, halved and thinly sliced
3-4 oz. blueberries
1 avocado, peeled, pitted and diced
8 oz. warm smoked salmon, flaked
12 walnuts, halved, toasted and roughly chopped
Edible flowers, chives, or wild garlic flowers to garnish – optional

Whisk ingredients for dressing together; put the salad greens in a large bowl. Sprinkle with dressing. Add onion and blueberries. Toss gently to coat. Pile onto a serving plate. Sprinkle with avocado, warm smoked fish, and walnuts on top. Using a fork, gently mix. Garnish with edible flowers, if desired. Serves 4

BEE-UTIFUL SUMMER SALAD

2 tbsp. extra-virgin avocado oil (Note, can use olive in its place)
1½ tbsp. wild-flower honey
½ tsp. grated orange rind
1 tbsp. fresh orange juice
1 tbsp. fresh lime juice
1 tsp. whole-grain mustard
¼ tsp. kosher salt
12 oz. cubed watermelon
12 oz. cubed honeydew
1 small English cucumber, cut lengthwise into thin ribbons (about 1 cup)
½ cup thinly slice red onion
3 tbsp. torn mint leaves

Place the first 7 ingredients in a large bowl; stir with a whisk. Add melons, cucumber, and onion; toss to coat. Let stand at room temperature 15 minutes to allow all the flavors to meld. Now sprinkle with the torn mint leaves and serve. Enjoy! Serves 6

BUTTERNUT SQUASH AND SPINACH SALAD

½ large butternut squash peeled and cut into ½ inch cubes
2 tbsp. olive oil
1 tsp. kosher salt
½ tsp. freshly ground black pepper
1 tbsp. agave
½ cup grated Parmesan cheese
2 six ounce bags spinach
½ cup dried cranberries
¼ cup pepitas (pumpkin seeds), toasted

Vinaigrette:

¼ cup olive oil
2 tbsp. white balsamic vinegar
2 tsp. honey

2 tsp. lemon juice
1 tsp. Dijon mustard
Pinch of kosher salt
Freshly ground black pepper

Preheat the oven to 450-degrees. Line a sheet pan with foil

For the salad: in a large bowl combine the butternut squash, olive oil, salt and pepper. Toss to coat. Spread the cut up squash in the prepared sheet pan and roast until tender and lightly browned, 15 to 20 minutes. Drizzle with the agave and set aside.

To make Parmesan crisps, in a medium, non-stick skillet, add the cheese in an even layer and cook over medium heat until the cheese melts, starts to sizzle, and is golden brown, about 4 minutes. Using a non-stick spatula, carefully flip and cook until golden brown, 3 to 4 minutes more. Transfer to a silicone or parchment lined baking sheet and let cool completely, 5 to 7 minutes.

For the vinaigrette: In a small bowl whisk together the oil, vinegar, honey, lemon juice, mustard, and a pinch of salt and pepper.

In a large bowl, add the spinach, butternut squash, cranberries, and pepitas. Tear the Parmesan crisp into bite-size pieces and add to the bowl. Gently toss. Pour the vinaigrette over the salad and gently toss to combine. Serve immediately. Serves 8

TENDER GREEN SLAD WITH STRAWBERRIES, CUCUMBR, PISTACHIOS AND BASIL

2 tbsp. olive oil
2 tsp. white wine vinegar
1 tsp. honey
¼ tsp. salt
1/8 tsp. freshly ground black pepper
½ head butter, Boston or Bibb lettuce, leaves torn (about 5 cups lightly packed)
6-8 large or 12 – 14 small hulled strawberries, quartered if large, half if small
¼ English (seedless) cucumber, but into thin half-moons

2 tbsp. shelled, unsalted pistachios, toasted and coarsely chopped
4 large or 8 medium fresh basil leaves, torn

Whisk together the oil, vinegar, honey, salt and pepper in a medium bowl to form a dressing.

Place the lettuce in a large bowl. Drizzle in about half of the dressing, and gently toss to coat. Divide the dressed lettuce among 4 individual salad plates. Arrange the strawberries and cucumber slices on top, then drizzle with the remaining dressing.

Top each portion with ½ tablespoon of pistachios, and some fresh torn basil leaves. Enjoy! Serves 4

Note: Toast the pistachios in a small, dry skillet over medium-low heat for a few minutes, until fragrant and lightly browned. Cool completely before using.

TRADITIONAL GREEK SALAD

7 oz. Greek Feta Cheese
½ head lettuce, or 1 head romaine, sliced or chopped
4 tomatoes cut into fourths
½ cucumber, sliced
12 -15 Greek Black Olives, pitted and sliced in half
2 tbsp. chopped fresh herbs such as oregano, flat-leaf parsley or basil

For the dressing:

6 tbsp. extra-virgin olive oil
2 tbsp. fresh lemon juice
1 garlic clove, crushed
Pinch of sugar
Salt and Pepper to taste

Make the dressing by whisking together the olive oil, lemon juice, garlic, sugar, salt and pepper in a small bowl. Set aside. Cut the feta cheese into cubes about 1 inch squares. Put the lettuce and/or Romaine, tomatoes, and cucumber in a large

salad bowl. Scatter the cheese and toss together. Just before serving whisk the dressing, pour over the salad greens and toss together. Scatter over the olives and chopped herbs and serve. Serves 4

RED ONION, TOMATO & HERB SALAD

2 pounds tomatoes, sliced thinly
1 tbsp. sugar
Salt and Pepper
1 large red onion, sliced thinly
Large handful of coarsely chopped fresh herbs

For the dressing:

1 – 4 tbsp. vegetable oil
2 tbsp. red wine vinegar or fruit vinegar

Arrange the sliced tomatoes in a large shallow bowl. Sprinkle with sugar (if using), salt, and pepper.

Separate the onion slices into rings and sprinkle them over the tomatoes. Sprinkle the herbs over onions. Any fresh herbs that are in season can be used – for example, tarragon, sorrel, cilantro, or basil.

Place the dressing ingredients in a jar with a screw-top lid. Shake well. Pour the dressing over the salad and mix gently. Cover with plastic wrap and chill for 20 minutes. Remove the salad from the refrigerator 5 minutes prior to serving.

Serves 4

CHICKEN, CHEESE & ARUGULA SALAD

5 ½ oz. arugula leaves
2 celery stalks, trimmed, peeled and diced
½ cucumber, sliced
2 scallions, trimmed and sliced
2 tbsp. chopped fresh parsley
1 oz. walnut pieces

12 oz. boneless roast chicken sliced
4 ½ oz. bleu cheese, cubed
Handful of seedless red grapes cut in half
Salt and pepper to taste

For the dressing:

2 tbsp. olive oil
1 tbsp. sherry vinegar
1 tsp. Dijon mustard
1 tbsp. chopped mixed herbs

Wash the arugula leaves, pat dry and put them into a large salad bowl. Add the celery, cucumber, scallions, parsley, and walnuts and mix together well. Transfer onto a large serving platter. Arrange the chicken slices over the salad then scatter over the cheese. Add the red grapes; season well with salt and pepper.

To make the dressing, put all the ingredients into a screw-top jar and shake well. Alternatively, put them into a bowl and whisk together. Drizzle the dressing over the salad and serve. Serves 4

ANCHOVY & OLIVE SALAD

Large handful of mixed lettuce leaves
12 cherry tomatoes, halved
20 black olives, pitted and halved
6 canned anchovy fillets, drained and sliced
1tbsp. chopped fresh oregano
Wedge of lemon- to garnish
Crusty bread rolls to serve with the salad

For the dressing:

4 tbsp. extra-virgin olive oil
1 tbsp. white wine vinegar
1 tbsp. fresh lemon juice
1 tbsp. chopped fresh flat-leaf parsley

Salt and pepper, to taste

Prepare all the salad ingredients as per ingredients list. To make the dressing, put all the ingredients into a small bowl, seasoning with salt and pepper to taste, and stir together well.

To assemble the salad, arrange the lettuce leaves in a serving dish. Scatter the cherry tomatoes on top, followed by the olives, anchovies, and oregano. Drizzle over the dressing. Transfer to individual plates, garnish with lemon wedges and serve with crusty bread rolls.

FENNEL & ORANGE SALAD

2 Navel oranges peeled and sliced
1 bulb fennel, thinly sliced
1 red onion, peeled and sliced into thin rings

For the dressing:

Juice of 1 orange
2 tbsp. balsamic vinegar

Arrange the oranges slices in the bottom of a shallow dish. Place a layer of fennel on top and then add a layer of onion.

Mix the orange juice with the vinegar and drizzle it over the salad.

Serves 4

SCALLOP PANCAKES ON BOSTON LETTUCE SALAD

For the pancakes:

¼ pound sea scallops, rinsed under cold water to remove any sand
½ cup all-purpose flour
¼ tsp. baking powder
1 & 1/3 cups club soda

¼ tsp. freshly ground black pepper
1 tbsp. minced fresh chives
About 3 tbsp. peanut oil

For the salad:

2-3 cups torn Boston lettuce, washed and dried
1 tbsp. extra-virgin olive oil
1½ tsp. fresh lemon juice
Dash each salt and freshly ground black pepper

The pancakes: Put the scallops, flour, baking powder, club soda, salt and pepper in a blender or food processor and process until smooth. Stir in the chives.

Heat about 1½ tbsp. of the peanut oil in a large nonstick skillet over medium-high heat. Once the pan is hot spoon 1½ tbsp. batter, per pancake, into the hot pan. It will spread to form a disk about 3½ inches in diameter. Cook about 6 pancakes at a time, over medium heat for a total of about 5 minutes, turning them about 2½ minutes. Repeat with the remaining 1½ tbsps. oil and the remaining batter to make about 12 pancakes total. Transfer to a wire rack to cool for a few minutes before serving. Although these pancakes are delicious eaten right out of the skillet when the edges are crunchy and the centers soft, they are also tasty prepared ahead and reheated at serving time in a 450-degree oven for 4 to 5 minutes. The edges will be softer, but the pancakes are just as good. Serve them on the Boston lettuce salad.

For the salad – Toss the lettuce with the olive oil, lemon juice, and salt and pepper in a medium bowl. To serve, divide the salad among four plates, arrange 3 pancakes alongside or on top of the greens and enjoy. Serves 4

BEET, STILTON, APPLE, AND NUT SALAD

16 oz. can of sliced beets
¾ cup coarsely chopped white mushrooms
1 cup peeled and coarsely chopped apple
½ cup broken walnut pieces
½ cup crumbled Stilton cheese

3 tbsp. mayonnaise
Salt and pepper to taste
1 tsp. chopped fresh chives

Drain the juice from the beets and divide the slices among four plates, allotting 4 or 5 per plate. Mix together in a bowl the chopped white mushrooms, the peeled and chopped apple, the walnut pieces and the crumbled Stilton. Add the mayonnaise, salt and pepper and mix well. Spoon a good dollop of this mixture into the middle of the diced beets on the plates and sprinkle on chopped fresh chives. Serve and enjoy. Serves 4