

Andrea's Tomato & Pasta Salad

6 fresh tomatoes coarsely chopped

1 c fresh basil chopped

1 c cheese curds (or goat or feta)

3 cloves crushed garlic

Olive oil

Salt and freshly ground pepper

2 c cooked pasta (spirals are good.

Something that's not smooth)

Mix everything except pasta and let stand about 2 hours. Add warm pasta right before serving.

Note: This is nice for a picnic. Proportions are all optional

Auntie Elaine's Napa Salad

Shred ½ large napa into ¼ to ½ inch wide slices

Take a package of Chinese instant ramen noodles and smash up the noodles. Place on a baking sheet and broil in oven until golden brown. Turn frequently.

Put napa, ramen, 1/3c to ½ c sliced toasted almonds, 5 green onions sliced.

Sauce: mix well and pour over

1/3 c white vinegar

¾ cup canola oil

1/3 c sugar

2 T Chinese soy sauce

Note: Makes a lot of dressing

Baachan's Crab and Cucumber Sumono

5 sticks mock crab cut in half and shredded
½ English cucumber, partially peeled and thinly sliced

½ to 1 bunch Saifun (bean thread) noodles

Mix thoroughly in bowl

1 t toasted sesame seeds that have been ground or squashed with rolling pin
1/3 c sugar

1/3 c vinegar
½ t salt
2 drops sesame oil

Peel and slice cucumber very thinly and sprinkle lightly with sal. Let sit then squeeze out gently.

Soak saifun in pot of hot water until soft. Drain then pour boiling water over and let sit to cook. Drain again. Rinse with cold water and drain well. Cut into shorter

lengths. In serving bowl, put cucumber, etc and mix well. Refrigerate and let sit at least ½ hour before serving. Serve cold.

Broccoli and roasted Pepper salad

2 sweet red peppers	¼ t salt
2 bunches broccoli	¼ t pepper
3 T olive oil	½ c crumbled feta cheese
2 T balsamic vinegar	2 T toasted sesame seeds
1 large clove garlic mashed and diced	

Preheat broiler. Cut peppers in half and remove seeds. Place cut side down on shallow sided baking sheet and broil until skins are slightly blackened 12-14 minutes. Set aside to cool slightly - placing in brown paper bag helps loosened skin. Peel skins from peppers and cut into bite-size squares.

Cut broccoli in small bite-size florets. Wash and microwave covered 3-4 minutes (with only the water clinging to them) Should still be bright green. Rinse immediately with cold water and drain well. (Can STEAM OVER BOILING WATER FOR 4 -5 MINUTES)

Mix vegetables together. Whisk oil, vinegar, salt and pepper together and pour over vegetables. Toss to mix. Dot with feta cheese and sprinkle with sesame seeds.

Couscous Salad with Harissa Style dressing

Roasted vegetables

1lb skinned tomatoes	1 large onion chopped
1 small eggplant in chunks	2 large garlic cloves
2 zucchini cut into chunks	3 T olive oil
1 red & 1 yellow pepper cut to 1” squares	2 T fresh basil or 1T dried

Sprinkle zucchini & eggplant with 1T salt and leave in colander to drain 20 minutes. Rinse and squeeze out moisture in a clean tea towel. Mix all of the prepared vegetables in baking pan with the oil and basil. Roast in hot oven 400F on top rack for about 30-40 minutes.

18 oz (2 ½ c) of boiling veg stock	fresh coriander and or assorted lettuce
10 oz couscous	toasted sesame or pine nuts (optional)
4 oz feta or other goats cheese	

When ready to serve salad: pour 18 oz of boiling veg stock over 10 oz couscous and leave 5 minutes. Fluff with fork. In large bowl, layer the couscous, then roasted veg., (2 layers) 4 oz of feta or other goat's cheese, some fresh coriander and/or assorted lettuce and a bit of toasted sesame seeds or pine nuts (optional). Drizzle with a bit of dressing. Can be served warm or cold.

Dressing

4 oz (1/3 c) olive oil (can be much less)	2 T tomato paste
1 t cayenne pepper,	juice of 2 limes (4T)
1 T ground cumin	

Serve rest of dressing separately.

Creamy Herbed Pasta Salad

1 cup firmly packed basil	12 oz fusilli or other short pasta
½ c firmly packed parsley	1 sweet red pepper diced
¼ c parmesan cheese	3 green onions chopped
500 gm cottage cheese	1 T lemon juice
1T Dijon mustard	1 can kidney beans drained
1/3 c chicken stock	

Chop parsley, basil and Parmesan in food processor for 30 seconds until herbs are finely minced. Add cottage cheese, lemon juice, mustard and black pepper. Puree for 20 seconds until smooth. Add chicken stock. Cook pasta in boiling water until al dente.

Toss pasta, beans peppers, green onions and sauce in bowl.
Can also add any other vegetables (broccoli, zucchini, green peppers, etc.)

Greek Salad

3 lbs. bow tie pasta, cooked & drained

1 lb feta crumbled

12 oz. Fresh spinach (use baby spinach)

16 oz olive oil

1 t chopped garlic

1 t oregano

1 t pepper

1 T salt

2 T lemon juice

8 oz red wine vinegar

cherry tomatoes (as much as you want)

sliced black olives (as much as you want)

Mix all ingredients in a VERY LARGE bowl. Add spinach, olives, feta & halved cherry tomatoes at the end. Best if made the day before served. Mix well before eating. This serves 50-60 people. I cut it in thirds and still had a lot.

Note: This is a restaurant recipe. You don't need this much!

Grilled Vegetable Salad

1 eggplant	1 each red and green peppers
2 each yellow and green zucchini	half Spanish onion
3 large carrots	8 oz asparagus

Cut eggplant into ½” rounds. Slice zucchini and carrots lengthwise into thirds. Cut peppers and onion into wedges (leave root end of onion intact to help it stay together)

Whisk together

1/3 c white wine vinegar	2 cloves garlic, minced
1/3 c olive oil	½ t each salt and pepper
1 t Dijon mustard	

Toss half with vegetables and grill vegetable over med hot grill for 10-15 min until tender crisp. Return to bowl and let cool. Cut into 1” pieces, returning vegetables and any juices to bowl. Cook 3 c rotini pasta until al dente, drain and add to

vegetable with remaining vinaigrette. Can cover and chill for 6 hours. Add $\frac{1}{4}$ c chopped fresh basil. Serve at room temp

Linguini with Tomatoes and Basil

4 large ripe tomatoes cut into ½ inch cubes

1 lb Brie rind removed and torn into small chunks

1 c clean basil leaves cut into strips

3 garlic cloves, peeled and minced

1 c plus 1 T best olive oil

2 ½ t salt

freshly ground pepper

1½ lb linguine

grated Parmesan

Combine tomatoes, basil, brie, garlic, 1 c of oil, ½ t salt and pepper in large bowl at least 2 hours before serving. Set aside covered at room temperature.

Bring 6 qt of water to boil and add 1T of olive oil and remaining salt. Add linguine and cook until al dente. Drain and immediately toss with tomato sauce. Serve immediately adding grated Parmesan if desired.

My Potato Salad

6 or 7 Potatoes

½ c olive oil

¼ c balsamic vinegar

2 t sugar

1 clove garlic

1 t Worcester sauce

1 t dry or Dijon mustard

salt & pepper

celery

green onions

mayonnaise

3 hardboiled eggs

Scrub well about 6 or 7 potatoes. Boil in their skins until soft (but not mushy) Drain and cool until easily handled. Peel away the skin and chop into bite size pieces. Put in bowl and marinate with a good vinaigrette dressing (1/2 c olive oil, ¼ c balsamic vinegar, 2 t sugar, 1 clove garlic minced or mashed, 1 t Worcester sauce, 1 t dry or Dijon mustard, black pepper and 1 t salt) Add some sliced celery (about 2 stalks) and 3 or 4 chopped green onions.

Let marinate a few hours at least or overnight. About 1 hour before serving, mix in some good mayonnaise (Hellmann's) and about 3 or 4 chopped hardboiled eggs. Adjust seasoning.

Nicole's Black Bean Salsa

2 c drained black beans	2 T tomato juice
1/3 c diced red bell peppers	1 T fresh lemon juice
¼ c finely chopped purple onion	1½ t fresh chopped thyme
¼ c diced unpeeled cucumber	½ t chili powder
2 T diced celery	¼ t salt`
1 T minced jalapeno pepper	½ t ground cumin
1 T chopped fresh basil	¼ t pepper
2 T olive oil	1 clove garlic, crushed

Combine all of above in bowl and stir well. Cover and chill at least 30 minutes. (If necessary can substitute dry basil and thyme but use about 1/3 of the fresh amount.

Note: Can add corn also. This is more like a side dish than a salsa.

Orange and Onion Salad

6 large, firm, juicy oranges

3 T red wine vinegar

6 T olive oil

1 t dried oregano

1 medium size purple onion, peeled,
and sliced paper-thin

1c imported black olives (ideally, tiny
black Nicoise olives, but Kalamata or
Alfonso olives will do)

¼ c fresh chives, snipped (garnish)

Freshly ground black pepper, to taste

Peel the oranges and cut each one into 4 or 5 crosswise slices. Transfer the oranges to a shallow serving dish and sprinkle them with the vinegar, olive oil and oregano. Toss gently, cover and refrigerate for 30 minutes.

Toss the oranges again, arrange the sliced onion and black olives over them decoratively, sprinkle with chives and grind on the pepper.

6-8 portions. From the Silver Palate Cookbook

Oriental Chicken Salad

4 c cooked chicken or turkey cut into
½ inch chunks

1 c fresh snow peas, trimmed or 1
package frozen snow peas, thawed

1 c raw broccoli flowerets, in small
pieces

¾ c green seedless grapes

½ c toasted slivered almonds
lettuce greens

Blanch fresh snow peas in boiling water for 1 minute. Drain well. Toss all together with dressing and turn into bowl lined with lettuce greens. Decorate with orange slices. A border of vertical snow peas also looks nice. If the salad seems a little dry, add more mayonnaise.

Dressing

2 c mayonnaise

2 T frozen orange juice concentrate

1 ounce white rum

1 t curry powder

Combine all ingredients and store, covered, in refrigerator.

Serves 8 to 10

Source: More 'Chef on the Run'

Salad Dressing

¼ salad oil (canola or olive)

1/3 c plain yoghurt

1 t wine vinegar

1t lemon juice

dash Worcester sauce

¼ t Dijon mustard

1 clove garlic crushed

½ t sugar

Combine everything and blend well, Pour over mixed greens and sprinkle with sesame seeds if desired.

Spinach, Orange and Mango Salad

1 lb fresh spinach
2 navel oranges

2 mangoes

Dressing

3 t grated onion
½ t salt
1 T Dijon mustard
2 T white wine vinegar

1 t lemon juice
2/3 c olive oil
salt and pepper to taste

Wash, dry and tear up spinach. Peel and section oranges. Peel mangoes and cut into bite sized strips. Combine all ingredients except oil in a small bowl. Mix well, then slowly beat in olive oil very slowly (can do in food processor) continue whisking until dressing thickens. Pour over spinach, oranges and mangoes and toss. Let stand 10 minutes to allow flavors to develop and serve.

Strawberry Spinach Salad

2 - 3 10-oz bags of fresh baby spinach
1 basket fresh strawberries

$\frac{3}{4}$ cup toasted slivered almonds or
pine nuts

Lemon Dressing

$\frac{1}{2}$ c fine white sugar
2 egg yolks

juice of two lemons
 $\frac{3}{4}$ c light salad oil

On the day ahead of serving, make the dressing by combining sugar and lemon juice and stirring until sugar is dissolved. Add egg yolks and beat until creamy. Then blend in the oil. The dressing will be thick. Pour into container and refrigerate until serving. Prepare spinach by washing well, tearing out the tough stems and drying.

Store in plastic bag in refrigerator. To serve, whisk dressing, divide spinach greens on individual salad plates, sprinkle with sliced strawberries and nuts and drizzle over some of the dressing. Pass more dressing if desired.

Source: More 'Chef on the Run'

Tabbouleh Salad

1 c fine bulgar or cracked wheat
¼ c fresh mint or 1T dried mint
4 large tomatoes
½ c chopped cucumber
1 c finely chopped parsley

4 green onions chopped
½ green pepper chopped or (mixture
of red and green pepper)
¼ c toasted sesame seed

Soak bulgar in boiling water to cover for 30-40 minutes. Rinse and drain well. Squeeze dry. Place in large salad bowl. Combine with rest of ingredients. Add dressing and toss well. Cover and refrigerate- improves with sitting for 2 or 3 days/

Dressing

1 clove garlic crushed
½ c olive oil

salt/pepper
½ c lemon juice

Combine and mix well.

