

Satisfying Spring Salads

Spring 2015



Cucumber Watermelon Salad

Serves 4



Tip

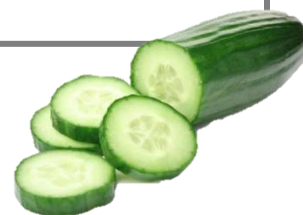
Ingredients

- 3 cups watermelon, cubed into 1/2-inch pieces
- 3 cups English cucumber, chopped, peeled optional
- 3 tablespoons lime juice
- 3/4 teaspoon salt (optional)

Directions

In a large bowl, toss watermelon and cucumber with lime juice. If serving immediately, toss with salt if using. If not, refrigerate, covered, up to 4 hours, and toss with salt just before serving.

Brown bag it! At the beginning of the week, make a batch of salad, top with a paper towel, and cover with a lid or plastic wrap and refrigerate. Portion out as needed. Bring to work and toss with dressing just before serving.



Asian Chicken Salad

Ingredients

- 1 head romaine lettuce, chopped
- 1 head napa cabbage, chopped
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 cup sugar snap peas, chopped
- 1 1/2 cups clementines, peeled and separated into segments OR 1 can mandarin oranges, in water, drained
- 4 stalks green onion, sliced
- 1/4 cup sesame seeds
- 1/4 cup sliced almonds
- 1 rotisserie chicken



Optional: red cabbage, shredded carrots, edamame, avocado

Directions

1. Remove meat from rotisserie chicken and discard skin. Shred into bite-sized pieces and set aside.
2. Combine lettuce and cabbage in a large bowl.
3. Top lettuce mixture with bell pepper, snap peas, clementines, chicken, and other optional vegetables. Toss, or leave the vegetables separated for a nice presentation.
4. Combine dressing ingredients in a small bowl. Toss with salad just before serving. Garnish with almonds, green onion, and sesame seeds.

For Dressing

- 1/3 cup rice wine vinegar
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- 3 tablespoons olive or canola oil
- 1 teaspoon sesame oil
- 1/4 cup reduced sodium tamari

Alternative to rotisserie chicken

Marinate 1 to 1 1/2 pounds boneless skinless chicken in 3 Tbsp low sodium tamari, 1 Tbsp rice wine vinegar, 1 Tbsp cooking oil, 1 Tbsp minced garlic, and 1 tsp minced ginger for 2-24 hours. Grill or bake until internal temperature reaches 165° F.



Satisfying Spring Salads

Spring 2015



Rainbow Thai Chopped Salad

Serves 5-6

Ingredients

- 1 cup red cabbage, shredded
- 1 cup edamame
- 1 English cucumber, chopped
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 1 cup carrots, sliced thinly

Optional Ingredients:

- Cherry tomatoes
- Cucumber, sliced
- Cabbage, shredded
- Sugar snap peas, chopped
- Avocado, chopped
- Mango, chopped

Directions

1. In a large bowl, toss all veggies.
2. Whisk together dressing ingredients in a medium bowl. If serving immediately, toss with dressing. If serving later, dress and toss salad just before serving. Garnish with optional peanuts, cilantro, or green onion.



For Dressing

- 1/3 cup natural peanut butter
- 1/4 - 1/3 cup water
- 2 tablespoons reduced sodium tamari
- 1 1/2 tablespoons fresh lime juice (about 1 medium lime)
- 1 teaspoon sesame oil
- 1 medium clove garlic, minced

Optional Garnishes:

- Crushed peanuts or chopped cashews
- Cilantro leaves
- Green onion, sliced



Springtime Buckwheat Salad

Serves 6-8

Ingredients

- 1 cup buckwheat groats (optional: toasted)
- 1 bell pepper, any color, chopped
- 1/2 red onion, diced
- 1 bunch asparagus, tough ends removed, cut into 1-inch pieces
- 1 zucchini, chopped
- 2 carrots, diced
- 1 cup frozen quartered artichoke hearts, thawed
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice (about 1 lemon)
- 1 teaspoons salt or to taste

Optional: beans (white, kidney, etc.), tofu, edamame, chicken, fresh herbs, parmesan

Directions

1. Rinse buckwheat, then place into a saucepan. Add 2 cups water and bring to a boil. Reduce heat and simmer 10-12 minutes. Let cool.
2. Preheat oven to 425° F. Spread vegetables on a baking sheet in a single layer, using multiple baking sheets if necessary, then toss with olive oil, salt and pepper. Roast until tender and golden brown, about 10-15 minutes, depending on the size of the vegetables. Let cool.
3. Toss buckwheat with vegetables in a large bowl. In a small bowl, combine olive oil and lemon juice with salt and pepper to taste, then toss with the salad.

