

Soups & Salads

Apple Cranberry and Goat Cheese Salad

Hilda Norwood

½ cup shelled pumpkin seeds
½ teaspoon olive oil
¼ teaspoon salt
1/3 cup dried cranberries
¼ cup olive oil
1 tablespoon cider vinegar
Finely grated zest of a small orange
Salt and pepper
1 apple, cored and sliced
1 package mesclun salad mix
1 package (6 ounces) goat cheese

Preheat oven to 350 degrees. Toss the pumpkin seeds with salt and olive oil. Toast in oven until golden brown, about 8 minutes. Remove from oven. Cool. Combine with cranberries in a salad bowl.

In another bowl, combine and whisk the olive oil, vinegar, orange zest, salt and pepper to make the salad dressing.

Add the sliced apples to the salad bowl. Add the lettuce mix and dressing. Toss to mix. Crumble the cheese over the salad and serve.

Bean Salad

Lenlee Corish

1½ cups edamame (soybeans), shelled and cooked
¼ cup olive oil
1 teaspoon ground cumin
1 can black beans, drained and rinsed
1 can black eyed peas, drained and rinsed
½ cup chopped onion
2 cups chopped celery
2 tablespoons lime juice
1 teaspoon garlic, optional
1½ teaspoon salt
¼ teaspoon pepper

Prepare soybeans. Heat oil in skillet over moderate heat (hot, but not smoking). Add cumin, stirring frequently until fragrant and a shade darker. Mix beans, onions, celery, lime juice, garlic, and salt and pepper. Pour cumin oil over ingredients and toss to coat. Let stand to blend.

BLUEBERRY SOUP

from Madge Eggena

4 cups fresh or frozen blueberries
Juice of 2 oranges
¼ cup sugar
1/8 tsp. to ¼ tsp. ground cinnamon
1/8 tsp. salt
Juice of ½ lemon
1 pint half & half
Mint sprigs for garnish

Bring first 5 ingredients to a boil in a saucepan over medium heat. Stir often; remove from heat and let cool slightly. Add lemon juice then process mixture in blender or blend with immersion blender. Add half and half. Measurements in recipe can be upped or downed. Add enough half & half to make a nice consistency not too thick or thin.

Bun Chay (Vietnamese Vegetarian Noodle Salad) with Nuoc Cham

Dipping Sauce

Mary Beth Collins and Marge Orell

From epicurious.com

Yield: Serves 2

Nuoc Cham Dipping Sauce:

3 tablespoons lime juice
2 tablespoons brown sugar
¼ cup water
2 ½ tablespoons fish sauce
1 small garlic clove, finely minced
1 to 2 Thai chilis, thinly sliced

Combine the lime juice, sugar and water, stirring to dissolve the sugar. Add remaining ingredients. Taste and adjust the flavors, balancing out the sour, sweet, salty and spicy. Aim for a bold, forward flavor, perhaps a little stronger than what you'd normally like.

Salad:

4 ounces dried rice noodles (vermicelli)

½ pound extra firm tofu
Vegetable oil
1½ cup shredded lettuce
1 cup mung bean sprouts
½ cup julienned cucumber
Large handful of mixed herbs, coarsely chopped or torn (basil, mint, cilantro; if available rau ram which is Vietnamese coriander, tia to which is Vietnamese perilla)
2 tablespoons chopped toasted peanuts, for garnish

Bring a large pot of water to a boil and add rice sticks. Stir and cook until noodles are white and tender, but still firm, about 3 to 5 minutes. Drain in a colander and rinse under cold water, fluffing the noodles to separate the strands. Drain again completely.

Cut the tofu into bite-size pieces and press between clean kitchen towels or paper towels to rid of excess water. Heat oil in a skillet and fry tofu until crispy and golden. Drain excess oil.

To serve, divide the noodles between two bowls. Arrange greens and tofu on top and garnish with peanuts. Just before eating, drizzle with sauce to taste and toss.

Cannellini and Green Bean Salad with Herbs and Bacon

Margery Orell

8 ounces green beans
¼ pound thick cut bacon
4 cups cannellini beans, rinsed and drained
½ medium red onion
2 cloves garlic
¼ cup chopped parsley
2 tablespoons chopped basil
2 tablespoons lemon juice
2 tablespoons champagne vinegar
6 tablespoons olive oil
Pepper and salt, to taste

Bring a medium pot of salted water to a boil. Trim green beans. Cook green beans in salted water for 4 to 5 minutes until crisp tender. Drain cooked green beans and rinse under cool water until room temperature. Cut green beans into pieces about 1-inch long.

Meanwhile, place bacon in a single layer in a large sauté pan over medium heat. Cook for 10 to 12 minutes until crisp. Drain on paper towels.

Rinse cannellini beans and place in a large mixing bowl. Finely chop red onion and add

to the bowl. Add green beans to cannellini beans in the bowl. Chop garlic and add to bowl along with all herbs.

In a small bowl mix lemon juice, vinegar and olive oil with cracked pepper and salt until emulsified. Pour vinaigrette over beans. Chop/crumble bacon and stir into bean mixture with the vinaigrette. Taste and seasoning with additional salt and pepper if necessary.

Chicken Salad

Trudy Christian

2 organic chickens
1/4 cup golden pineapple sage
1/2 cup pineapple sage
Mayonnaise, to taste
Seasoned salt
Coarse black pepper

Roast the chickens the day before you plan to serve. Use all the meat and cut or tear into bite-size pieces. Mix in remaining ingredients.

Chicken Salad with Dill

Lana Andrews

6 cups cooked chicken, diced
1 large red onion
4 to 6 stalks celery, chopped
1 can (8 ounces) water chestnuts, chopped
Salt and pepper, to taste
1 to 1-1/2 cups mayonnaise
3 tablespoons chopped dill
3 tablespoons chopped parsley

Combine chicken, onion, celery and water chestnuts. Combine mayonnaise, dill, parsley, and salt and pepper. Toss the chicken mixture with the dressing until well blended. Chill.

Chinese Chicken Salad

Mary Ann Nagel

From Ellie Krieger and the Food Network

4 tablespoons soy sauce, divided

2 teaspoons toasted sesame oil, divided
1 pound, skinless, boneless chicken breasts
½ head Napa cabbage, shredded
¼ head red cabbage, shredded
1 large carrot, shredded
3 scallions, thinly sliced, greens included
1 8-ounce can sliced water chestnuts
1 11-ounce can mandarin oranges in water, drained
1/3 cup plain rice vinegar
1 teaspoon minced garlic
1 teaspoon minced ginger
1 tablespoon canola oil
2 tablespoons brown sugar
1 ½ teaspoons chili sauce
¼ cup sliced almonds, toasted
Salt and pepper to taste

Preheat oven to 350 degrees.

Combine 1 tablespoon soy sauce and ½ teaspoon sesame oil and brush onto chicken breast. Arrange in a baking dish, bake until juices run clear, about 15 minutes. Cool completely and cut into ¼ inch slices.

In a large bowl, combine cabbages, scallions, water chestnuts, oranges and sliced chicken. In a separate bowl, whisk together 3 tablespoons soy sauce, vinegar, garlic, ginger, oil, 1 ½ teaspoons sesame oil, brown sugar and chili sauce. Pour dressing over cabbage mixture and toss to combine.

Top each serving with toasted almonds.

Colorful Pasta Salad

Lana Andrews

16 ounces bow-tie pasta, cooked
1 cup chopped pecans, toasted
1 pound fresh broccoli florets
1 to 1¼ cup mayonnaise
1/3 cup sugar, or to taste
1/3 cup diced red onion
1 tablespoon chopped chives
1/3 to ½ cup red wine vinegar, or to taste
1 teaspoon salt
2 cups seedless red grapes, halved
8 cooked bacon slices, crumbled

Cook pasta as directed. Bake pecans at 350 degrees for 5 to 7 minutes. Cut broccoli

florets into small pieces and finely chop the stems. Whisk together mayonnaise and next 4 ingredients in a large bowl. Add broccoli, pasta and grapes. Stir to coat. Cover and chill for 3 hours. Stir in pecans and bacon just before serving.

Crispy Chicken and Apple Salad

Mary Ann Nagel

Yield: 4 servings

¼ cup all-purpose flour
Coarse salt and ground pepper
1 large egg
1 cup Panko
2 boneless skinless chicken breasts
2 tablespoons olive oil
¼ cup buttermilk
2 tablespoons mayonnaise
1 tablespoon white wine vinegar
1 tablespoon parsley
1 large head red leaf lettuce torn into bite-sized pieces
2 apples such as gala or Fuji, cored and cut into thin wedges
½ cup dried cranberries

On a plate, season flour with ¼ teaspoon salt. In a shallow bowl, whisk egg with 1 tablespoon water. On other plate, season Panko with ½ teaspoon salt and ¼ teaspoon pepper. Pat chicken dry. Dredge chicken in flour and dip in egg, coat with Panko, pressing gently to adhere.

In large non-stick skillet, heat oil over medium heat. Add chicken and cook until golden brown and cooked through, 8 to 10 minutes total, flipping once. Alternately, chicken may be baked in a 300 degree oven for 50 to 60 minutes until golden brown.

In a small bowl, whisk buttermilk, mayonnaise, vinegar and parsley with remaining salt and pepper. Arrange torn lettuce leaves, apples and cranberries on a platter. Slice chicken, add to platter and drizzle with dressing.

Cucumbers in Leban Salad

Ann Baldwin

1 quart of leban or yogurt
2 cucumbers
½ teaspoon garlic salt
½ teaspoon salt
2 tablespoons mint

Place the chilled yogurt in a bowl. Peel cucumbers, slice lengthwise and chop into small pieces. Add cucumbers to yogurt. Add seasonings and blend well.

Variation: substitute oregano for mint.

Curried Chicken Salad

Mary Beth Collins

3 whole (6 split) chicken breasts, cooked
1½ cup mayonnaise
1/3 cup dry white wine
¼ cup Major Grey's chutney
3 tablespoons curry powder
Fresh ground black pepper
1 cup medium diced celery (2 to 3 stalks)
¼ cup chopped scallions, white and green parts
¼ cup raisins
1 cup whole roasted cashews
Cilantro leaves, to taste

Cook chicken breasts. You can boil these, grill them, or bake them at 350 degrees for 35 to 40 minutes. Remove bones and skin. Dice. Combine mayonnaise, wine, chutney, curry powder, and pepper. Whisk until smooth. Combine diced chicken, celery, scallions and raisins. Add curry sauce until moistened. Add cashews and cilantro just before serving.

Curried Chicken Salad with Grapes and Walnuts

Jane Ireton

3 cups cooked chicken, diced
2 cups seedless grapes
2 cups diced celery
½ cup chopped toasted walnuts
¼ cup mayonnaise
¼ cup plain yogurt
1½ tablespoons mango chutney, diced
2 teaspoons curry powder
¼ teaspoon salt

Combine chicken, grapes, celery and walnuts. In a small bowl combine mayonnaise,

yogurt, chutney, curry powder and salt together. Mix until smooth. Pour dressing over chicken mixture; toss until well mixed. Cover and chill.

Fiesta White Bean Soup

Theresa Travelute

Adapted From *All You Magazine*

1 medium onion, chopped
1 medium red bell pepper, chopped
1 medium green bell pepper, chopped
½ cup finely chopped carrots
3 cloves garlic, crushed
2 tablespoons olive oil
1 package (14 ounces) turkey smoked sausage
1/8 cup oregano
1 can cannellini (white kidney) beans
1 can chickpeas (garbanzo beans)
1 can navy beans
2 cans chicken broth

Heat olive oil in large stew pot and add chopped vegetables. After lightly browning vegetables, add chicken broth, beans and oregano heat for two hours to blend flavors.

Ginger Pineapple Salad

Lynn Lytle

Fresh pineapple, cut into chunks
1 inch piece of ginger (peeled and finely minced)
1/2 teaspoon salt
10 sprigs cilantro (finely minced)
1/2 red chili pepper (finely minced)
Mix fresh pineapple chunks, ginger, salt, cilantro and pepper. Thoroughly toss.
Refrigerate until ready to serve.

Gazpacho

Dixie Kelly

Yield: About 3 quarts

2 cans (28 ounces each) petite diced tomatoes and juice
1 can (8 ounces) beef consomme

¼ cup red wine vinegar
¼ cup olive oil
2 cups V-8 juice
1 large cucumber, chopped
1 large green pepper, chopped
10 green onions and tops, sliced
1 clove garlic, minced
½ teaspoon salt
¼ teaspoon pepper
¼ cup fresh parsley, chopped

Combine all and chill at least 6 hours.

Golden Winter Soup

Ann Baldwin

From Cooking Light

Yield: Serves 8

2 tablespoons butter
5 cups peeled butternut squash, cut in 1/2-inch cubes
2 cups peeled russet potatoes, cut in 1/2-inch cubes
1 teaspoon kosher salt
½ teaspoon freshly ground pepper
2 cups sliced leeks (about 2 medium leeks)
4 cups fat-free, less sodium chicken broth
1 cup half-and-half
3 tablespoons chopped chives
Freshly ground black pepper

Melt butter in a large pot over medium high heat. Add squash, potato, salt and pepper. Sauté 3 minutes. Add leek; sauté 1 minute. Stir in broth; bring to a boil. Reduce heat and simmer 20 minutes or until potato is tender, stirring occasionally. Place half of potato mixture in blender. Remove center piece of blender lid to allow steam to escape. Secure blender lid on blender. Place a clean towel over opening in blender lid to avoid splatters. Blend until smooth. Pour into a large bowl. Repeat with remaining potato mixture. Stir in half-and-half. Garnish with freshly ground black pepper, if desired.

Great Grandmother's Potato Salad

Joan Smith

Cooked Dressing:

1/2 teaspoon salt

1/3 cup sugar

3 1/2 teaspoons prepared mustard

2 tablespoons cornstarch

Scant 1/4 cup white vinegar

1 large egg

2 1/4 cups milk

Beat egg into milk in a sauce pan. Add remaining ingredients. Stir over medium heat until thickened. Keeps one week if refrigerated.

Potato Salad:

10 pounds new potatoes, boiled in jackets, removed from heat, drained, cut into pieces

10 boiled eggs, peeled, cut into wedges

1 cup diced celery

3/4 cup diced sweet onions (e.g., Vidalia)

Sweet pickle relish to taste

Salt

2 tablespoons fresh dill, chopped

Mayonnaise to taste

Combine all salad ingredients except mayonnaise. Add enough boiled dressing to coat all the ingredients. Before serving, toss salad with mayonnaise, to taste.

Guacamole Salad

Dixie Spivey

Yield: 6 servings

Adapted from *The Barefoot Contessa at Home*

1 pint grape tomatoes, halved or quartered

1 yellow bell pepper, seeded, and 1/2-inch diced

1 (15-ounce) can black beans, rinsed and drained

1/2 to 1 cup small diced red onion*

2 tablespoons minced, seeded jalapeno peppers (1 to 2 small peppers)

1/2 to 3/4 teaspoon freshly grated lime zest*

1/4 to 1/3 cup freshly squeezed lime juice (2 limes)*

¼ cup good olive oil (a mixture of regular and extra virgin is tasty)
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
½ teaspoon minced garlic (1 large clove)
¼ teaspoon ground cayenne pepper
¼ to ½ cup finely chopped fresh cilantro*
2 ripe Hass avocados, seeded, peeled, diced into small cubes

** Measurement variations allow you to tweak salad to your personal taste preference*

Place the tomatoes, yellow pepper, black beans, red onion, jalapeno peppers and lime zest in a large bowl. Whisk together the lime juice, olive oil, salt, black pepper, garlic and cayenne pepper; pour over the vegetables.

Heirloom Tomatoes with Shell Bean Vinaigrette

August Hostesses

1 tablespoon olive oil
1 cup chopped Vidalia onion
4 cloves garlic, minced
1 bay leaf
1 heaping tablespoon chopped fresh thyme
4 cups shelled fresh black-eyed peas, crowder peas, or purple-hull peas
2 cups chicken broth
¼ cup balsamic vinegar
¼ cup olive oil
4 basil leaves, thinly sliced
4 heirloom tomatoes, sliced

Saute onion in olive oil, add garlic, bay and ½ teaspoon of the thyme. Stir a minute. Add peas/beans and chicken broth; boil. Cover with lid slightly ajar, simmer until peas/beans are soft, stirring occasionally, about 25 minutes. Drain.

Meanwhile, make vinaigrette. Whisk vinegar and olive oil with salt and pepper. Pour over peas/beans, toss. (Can be done ahead to this point.) Cover and chill.

Bring to room temperature, if chilled. Stir basil into mixture. Discard bay leaf. Season with salt and pepper.

Arrange tomatoes on a platter. Season with salt and pepper. Spoon peas/beans over tomatoes and serve.

Lavender Blueberry Soup

Madge Eggena

4 quarts blueberries
1 cup hearty red wine
3 cups water
½ cup sugar
4 ounces orange juice
2½ tablespoons lavender flowers
3 lemons, both juice and zest
1 teaspoon freshly ground black pepper
½ teaspoon ground cloves
1 teaspoon salt
2 cinnamon sticks
Crème fraiche, for garnish

Combine all ingredients except for cinnamon sticks, and coarsely chop using a food processor or an immersion blender. Put all ingredients into a stockpot, add cinnamon sticks. Bring just to a boil, then reduce heat and simmer 10 minutes. Serve hot or cold. Garnish with a dollop of crème fraiche.

Lemon-Ginger Chicken Salad with Lemon Verbena

Mary Beth Collins

Yield: Serves 8

1 cup mayonnaise
½ cup dairy sour cream
2 tablespoons sugar
1 teaspoon grated lemon rind
2 tablespoons fresh lemon juice
1 teaspoon ground ginger
½ teaspoon salt
Chopped lemon verbena, to taste
4 cups cooked chicken
2 cups seedless grapes
2 cups sliced celery
Toasted slivered almonds

Stir together mayonnaise, sour cream, sugar, lemon rind, lemon juice, ginger, salt and

lemon verbena. Add chicken, grapes, and celery. Toss to coat well. Cover and chill at least 2 hours. Sprinkle with toasted slivered almonds.

Mediterranean Lentil Salad

Holly Jeffries

2 cups dry brown lentils
1 cup diced carrots
1 cup red onion, diced
2 cloves garlic, minced
1 bay leaf
½ teaspoon dried thyme
2 tablespoons lemon juice
¼ cup chopped cilantro
1 teaspoon salt
¼ teaspoon ground black pepper
¼ cup olive oil

In a saucepan, combine lentils, carrots, onion, garlic, bay leaf and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender, but not mushy.

Drain lentils and vegetables and remove bay leaf. Add olive oil, lemon juice, celery, parsley, salt and pepper. Toss to mix and serve at room temperature.

Minted Fruit

Jane Ireton

Pineapple
Oranges
Strawberries
Kiwis
Bananas
Grapes
Natural sugar, to taste
Kentuck Colonel mint, to taste

Cut fruit into bite-size pieces. Refrigerate all for about an hour or two to bring out the mint flavor. May use any combination of seasonal fruits.

Miss Ada's Bean Pasta Salad

Judy Powell

Salad Dressing:

2/3 cup extra virgin olive oil

1/3 cup white wine vinegar

Juice of ½ lemon, lightly squeezed

1 teaspoon yellow mustard

¼ teaspoon ground black pepper, or to taste

Salt, to taste

Salad:

1 can great northern beans, rinsed

1 can black beans, rinsed

½ box mini-farfalle pasta, cooked as directed

2 ½ tablespoons fresh green basil, thinly sliced

1 tablespoon fresh chives, finely chopped

1 tablespoon fresh lemon thyme, leaves stripped

½ teaspoon lemon zest

2 tablespoons fresh purple basil, thinly sliced

1/3 cup of each yellow, green, red and banana peppers, cut into thin strips

2 medium carrots, thinly sliced

1 medium zucchini, thinly sliced

Microwave carrots in a small amount of salted water. Drain and quickly cool. Quarter the zucchini slices and microwave in a small amount of water. Drain and quickly cool. In a jar with a tight fitting lid, combine the oil, vinegar, mustard, salt and pepper. Shake well. Pour over salad mixture and stir. Salad is best if made 24 hours before serving.

Mulligatawny Soup

Mary Beth Collins

Yield: Serves 4 to 6

From *The Joy of Cooking*

¼ cup butter

½ cup diced onion

1 carrot, diced

2 celery ribs, diced
1½ tablespoons all-purpose flour
2 teaspoons curry powder (more or less according to your taste)
4 cups chicken stock
1 bay leaf
¼ cup diced tart apples, peeled
½ cup cooked rice
½ cup diced cooked chicken
1 teaspoon salt
¼ teaspoon black pepper
¼ teaspoon dried thyme
½ teaspoon grated lemon zest
½ cup unsweetened coconut milk

In a stockpot, melt the butter over medium heat. Add onion, carrot and celery; cook until vegetables are softened, stirring frequently. Add flour, curry, chicken broth and bay. Continuing to stir, cook about 3 minutes. Bring to a boil, reduce the heat and simmer 15 minutes. Reduce the heat and add apples, rice, chicken, salt, pepper, thyme and zest. Simmer 15 more minutes; remove the bay leaf. Immediately before serving add the coconut milk. Heat through, but do not boil.

Papa a la Huancina

Julie Courtney

A delicious Peruvian salad!

1 package *queso fresca*
1 can evaporated milk
Aji amarillo (Peruvian yellow pepper), to taste

Aceitunas de Botija (Peruvian olives)

Boiled potatoes, sliced
Lettuce
Hard boiled eggs, quartered

In a blender, crumble cheese. Add milk and puree to a creamy consistency. Add *aji amarillo* to taste. The more you add, the hotter it gets. Arrange lettuce leaves on a plate and top with sliced potatoes. Add eggs, cream sauce and olives.

Pasta and Bean Soup with Tomatoes

Lynn Lytle

Yield: Serves 4 to 6

Former CHG member Emily Zarbatany gave Lynn this recipe. White navy beans or Great Northern beans may be substituted for cannellini beans. Serve with crusty Italian bread and herb butter.

1½ cups dried cannellini beans, soaked and rinsed
1 clove garlic
1 rib celery
6 fresh basil leaves or 1 teaspoon dried
6 cups chicken broth (Swanson or homemade)
3 to 4 tablespoons extra virgin olive oil
¼ teaspoon crushed red chili pepper flakes
¾ teaspoon fennel seeds
2 cans (14 ounces each) plum tomatoes, drained and cut into pieces
3 ounces pancetta (or prosciutto) minced and pounded into a paste
1 teaspoon coarse salt
6 to 7 ounces dried spaghetti
Pepper, for garnish
Fresh basil, finely chopped, for garnish
Parmigiano-Reggiano cheese, for garnish

In a stockpot, combine beans, garlic, celery, basil and chicken broth. Cover and cook on medium heat. When it comes to a boil, lower the heat and gently simmer with the lid just slightly ajar, until the beans are almost tender, about one hour. Stir in the olive oil, chili flakes, fennel seeds, canned tomatoes, and pancetta. Salt and cook until the beans are tender about 30 minutes more.

Taste and adjust for salt. Bring the soup to a lively simmer, add the pasta and cook until al dente stirring occasionally. Serve with a grinding of pepper and garnish with fresh basil and grated cheese.

Pasta Primavera with Lavender Red Wine Vinaigrette

Dana DeBellis

From *The Lavender Gourmet*

1 pound bow-tie pasta
2 carrots, peeled and cut into thin strips
1 yellow pepper, cut into thin strips
1 zucchini, cut into thin strips
1 yellow squash, cut into thin strips
1 small onion, thinly sliced
1/4 cup olive oil
1/2 pint cherry tomatoes, halved
1/2 cup black olives, sliced
1/2 cup Parmesan cheese

Preheat the oven to 450 degrees. Toss together carrots, bell pepper, zucchini, squash, onion and oil. Season with salt and pepper. Bake in oven on a foil-lined baking pan for about 7 minutes, turn vegetables over and cook until carrots are tender. While veggies are cooking cook bow-tie pasta. When both are done (veggies and pasta) mix together, and add the tomatoes and olives. Pour Lavender Red Wine Vinaigrette over pasta to moisten. Sprinkle with Parmesan cheese.

Lavender Red Wine Vinaigrette:

1/2 cup red wine vinegar
4 tablespoons fresh lemon juice
1 tablespoon honey
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon culinary lavender buds
3/4 cup olive oil

In blender or food processor, mix vinegar, lemon juice, honey, salt, pepper and lavender. Pulse a few times until mixed. With machine running gradually add oil a little at a time. Refrigerate any unused vinaigrette for up to 1 week.

Pepper Bean Salad

Brenda Dills

1 cup thawed frozen lima beans
1 cup canned red kidney beans, rinsed and drained
1 cup canned chickpeas, rinsed and drained
1 cup canned black beans, rinsed and drained
1 celery stalk, sliced diagonally
1 red bell pepper, seeded and diced
1/2 red onion, finely chopped
1/4 cup creamy peppercorn ranch salad dressing

¼ teaspoon cracked black pepper

Combine all of the ingredients in a large bowl. Cover and refrigerate until the flavors are blended, at least 1 hour.

Pesto, Pasta and Tomato Salad

Margery Orell

Adapted from a recipe in *Herbal Treasures* by Phyllis Shaudys

Yield: Serves 10 when used as a side dish

2 cups basil leaves, washed and spun dry

½ cup olive oil

½ cup balsamic vinegar

4 cloves garlic, crushed

Salt and pepper to taste

1 pound orzo pasta

4 containers cherry tomatoes or some other small tomato

Blend the basil, oil, vinegar and salt and pepper in a food processor. Add crushed garlic and salt and pepper, to taste. Cook the pasta according to package instructions. Drain. While the orzo is still hot, gently toss with the dressing. At this point, add the tomatoes to the hot pasta. Or, roast the tomatoes and add them later. Serve warm or cold.

Pina Colada Fruit Salad

Nancy Simmons-Walker

Yield: Serves 9

1½ cups green grapes

1½ cups seedless red grapes

1½ cups fresh blueberries

1½ cups halved fresh strawberries

1 can (8 ounces) pineapple chunks, drained

1 can (10 ounces) frozen non-alcoholic pina colada mix, thawed

½ cup sugar

½ cup pineapple-orange juice

⅛ teaspoon almond extract

⅛ teaspoon coconut extract

In a serving bowl, combine the first six ingredients. In a small bowl, whisk the pina colada mix, sugar, juice and extracts until sugar is dissolved. Pour over fruit toss to coat. Chill until serving.

Pineapple-Sage Fruit Salad

Jane Ireton

½ cup packed fresh pineapple-sage leaves
¼ cup sugar
¼ cup water
1 tablespoon lemon juice
1 tablespoon vegetable oil
3 kiwi fruit, peeled and sliced
2 navel oranges, peeled and sliced, crosswise
1 red apple, halved, cored, and cut into wedges
½ fresh pineapple, peeled, cut into spears
Any other fresh fruit of choice

Set aside six large pineapple-sage leaves. In a small saucepan, heat remaining leaves, sugar and water to boiling. Dissolve the sugar. Boil one minute. Remove from heat. Stir in lemon juice and oil. Set aside this salad dressing to cool and steep at room temperature.

Remove and discard pineapple-sage leaves from salad dressing. Finely chop reserved 6 leaves and add to the dressing. Arrange fruit and drizzle with the dressing. Serve.

Potato Chard Soup

Judy Powell

Yield: 2 quarts

1 clove garlic
1 medium onion, finely chopped
2 stalks celery, finely chopped
1 tablespoon canola oil
4 cups potatoes, cubed
5 cups chicken broth or water
1 bay leaf
4 cups Swiss chard, finely chopped
1½ cups Red Russian kale, finely chopped
½ cup Chinese kale, finely chopped

1 teaspoon thyme
1 teaspoon parsley
½ teaspoon lemon zest, finely chopped
Lemon juice, to taste
Salt and pepper, to taste

In a large pot, sauté garlic, onions and celery in oil. Add potatoes, stock or water, and bay leaf. Bring to a boil, then reduce heat and simmer for 30 minutes. Add chard, thyme and parsley. Cook for an additional 10 minutes. Season with lemon zest, lemon juice, salt and pepper. Remove from heat and let cool slightly. Puree in a blender or food processor and reheat.

Pumpkin Soup

Mary Ann Nagel

Yield: Serves 8

From James Beard

1 large onion, halved
¼ cup butter
½ teaspoon curry powder, more if desired
2 cups canned pumpkin
1½ teaspoon salt
1 cup heavy cream
1 cup half and half
2½ cups chicken stock
Sour cream, for garnish
Parsley, for garnish

Using a food processor, slice onions using moderate pressure on food pusher. Melt butter in skillet, add onions and sauté until limp. Sprinkle with curry powder and sauté an additional minute or two. With metal blade in place, add curried onions, pumpkin and salt to the processor. Process until mixed about 10 seconds. Quickly pour in cream and half and half while continuing to process. Transfer pumpkin puree to large saucepan and heat slowly with chicken stock. Garnish and serve with sour cream and parsley.

Ramen Noodle and Slaw Salad

Gina Simmons

Yield: 8 servings

Salad:

1 package
(3 ounces) ramen noodle soup mix

2 tablespoons butter
½ cup sunflower kernels
½ cup sliced almonds
1 package broccoli slaw (found with bagged salads in the produce section)
Parsley, finely chopped

Marinade:

¼ cup vegetable oil
¼ cup water
¼ cup ice or balsamic vinegar
Flavor packet from soup mix
¼ cup sugar (white, brown or Splenda)

Remove seasoning packet from soup mix and reserve for marinade. Crumble noodles. Preheat the oven to 350 degrees and melt butter in a 15 by 10-inch jellyroll pan; add noodles, sunflower kernels and almonds. Toss to coat. Bake, stirring occasionally for 5 to 7 minutes or until toasted. Cool. Combine noodle mixture and broccoli slaw. Drizzle with marinade and toss mixture gently.

Raw Kale Salad

Sandie Fenton

Salad:

Fresh bunch tender kale* cut into small ribbons (cut out the tough stem)
Tomatoes
Dried cranberries
Lightly toasted pine nuts
2 to 3 cloves garlic finely chopped

Dressing:

Fresh lemon juice
Olive oil
Sea salt
Freshly ground pepper

Mix a dressing of fresh lemon juice and olive oil, sea salt and finely ground pepper. Toss with the salad ingredients. The kale should have just a light coating of dressing. May be prepared ahead of time.

*Blue kale or Lacinato kale (also known as black or Toscano kale can be used in this recipe)

Red Lentil Salad

Margery Orell

From Rachel Ray, *The Food Network*

1 cup red lentils or Le Puy French green lentils
1 large fresh bay leaf
1 large russet potato, peeled and cut into ½-inch dice
Kosher salt
3 tablespoons vegetable oil
1 small red onion, finely chopped
2 cloves garlic, finely chopped
One 1-inch piece ginger, peeled and grated
1 red chili pepper, finely chopped
1 tablespoon tamarind paste
1 tablespoon ground turmeric
1-½ teaspoons ground cumin
1-½ teaspoons ground coriander
1 teaspoon powdered mustard
1/8 teaspoon cinnamon
Handful fresh cilantro leaves, finely chopped
2 cups baby spinach, chopped
Juice of 1 lime

Bring the lentils and bay leaf to a boil in 3 cups of water, then reduce the heat and simmer until the water cooks away, 15 to 18 minutes. Skim any by-product as the lentils cook.

Meanwhile, cover the potatoes with water in a small pot and bring to a boil. Salt the water and boil for 5 minutes. Drain the potatoes and run under cold water to cool. Drain well and transfer to a large bowl.

Drain the lentils and run under cold water to cool. Drain well and add to the potatoes.

Meanwhile heat the vegetable oil in a skillet and sauté the onion, garlic, ginger and chili pepper until softened. Stir in the tamarind paste and spices to toast them. Remove from the heat.

Add the spice mixture to the lentils and potatoes. Gently stir in the cilantro, spinach and lime juice. If the salad seems dry. Add a little more oil. Serve.

Note: You can use 2 tablespoons store-bought curry paste (such as Patak's) in place of the tamarind, turmeric and coriander.

Red Quinoa Salad

Marge Orell and Mary Beth Collins

Yield: Serves 4

Karen Sullivan contributed this recipe.

1 cup red quinoa
Salt to taste
Zest of one lime
Juice of 3 limes
3 to 4 tablespoons honey, or to taste
2 tablespoons minced ginger
¼ teaspoon ground cardamom
Black pepper, to taste
¼ to ½ cup golden or regular raisins
3 to 4 tablespoons oil
¼ to ½ cup fresh mint, chopped
2 tablespoons fresh parsley or cilantro, chopped
1 carrot or cucumber, julienned
½ cup chopped walnuts or almonds

Add 2 cups water to a small saucepan with quinoa and salt. Bring to a boil; then remove from heat. Cover and let stand for 15 minutes. Cool nearly to room temperature. Using the same proportions, you may use a rice cooker to make the quinoa.

In a small bowl, combine lime zest, juice and honey. Stir in ginger, cardamom, pepper, raisins and oil. In a medium bowl, toss quinoa with herbs and carrots or cucumber. Add honey lime dressing and toss well to coat. Garnish with nuts.

Rice Salad

Ann Baldwin

Ann modified her recipe from page 79 of *The Charlotte Herb Guild Cooks Again* by substituting pecans for almonds and adding chives to the dressing.

Rice and Artichoke Salad

Mary Beth Collins

This recipe is adapted from The Charlotte Latin School cookbook *Cooking with Class*,

1982.

2 cups brown rice

1-¾ cup reduced-sodium chicken broth (adjust liquid according to your rice recipe)

2 small jars marinated artichoke hearts, drained

2/3 cup chopped green onion

1 sweet red pepper, diced

1 green pepper, diced

2 teaspoons capers

2 teaspoons curry powder

1-1/3 cup mayonnaise

Handful of herbs (Italian parsley, oregano, basil), chopped

Pine nuts, for garnish

Cook the rice using chicken broth; cool. Meanwhile, drain artichokes and cut into small pieces. Chop green onions and peppers. Add artichokes, pepper and green onions to cooled rice. Mix the capers and curry powder into the mayonnaise. Combine with rice mixture. Mix and chill thoroughly. Before serving, stir in fresh herbs and garnish with pine nuts.

Seafood Pea-ista Salad

Lana Andrews

Dressing:

½ cup mayonnaise

¼ cup zesty Italian salad dressing

2 tablespoons Parmesan cheese

Combine ingredients in a large bowl and blend well.

Salad:

2 cups black-eyed peas; rinsed well

8 ounces corkscrew pasta; cooked and drained

1½ cups chopped (large pieces) imitation crabmeat

1 cup broccoli florets; partially cooked

½ cup chopped green pepper

½ cup chopped tomato
¼ cup sliced green onions
Chopped shrimp, optional
½ cup diced onions, optional

Add above ingredients to the mayonnaise mixture; toss gently to mix. Cover and chill for at least 2 hours.

Seven Layer Salad

Mary Ann Nagel

1 small head lettuce
1 package sliced mushrooms
½ cup green pepper
1 small red onion, sliced
2 cups frozen peas, cooked and cooled
½ cup mayonnaise
1½ cups sour cream
2 tablespoons sugar
½ teaspoon curry powder
6 ounces shredded cheddar cheese
6 slices crisp bacon

Arrange lettuce in bottom of glass bowl. Add mushrooms, green pepper, onion and peas. Mix mayonnaise, sour cream, curry powder and sugar. Spread evenly over mixture, sealing edges. Add cheese and crumbled bacon. Cover with plastic wrap and refrigerate at least 8 hours.

Slaw with Mint and Cilantro

Dixie Spivey

Adapted from *Bon Appetit*, June 2010

Yield: Serves 6

6 cups thinly sliced cabbage

1 cup coarsely grated, peeled carrots

1 cup coarsely grated, peeled daikon radish

1 large or 2 medium red bell peppers cut into 2 by ½-inch strips (about 2 cups)

½ cup chopped fresh mint

½ cup chopped fresh cilantro

4 green onions, coarsely chopped

7 tablespoons seasoned rice vinegar

2 tablespoons Asian sesame oil

2 tablespoons vegetable or olive oil

2 serrano chilis, seeded and minced

Salt and freshly ground black pepper

Combine first seven ingredients in large mixing bowl. In a separate bowl, whisk together the vinegar, oils and chilis. Season to taste with salt and black pepper.

Vegetables and dressing can be made six hours ahead (cover each bowl and refrigerate). When ready to serve, drizzle dressing over salad and toss to coat evenly.

Season salad to taste with additional salt and black pepper.

Southwestern Four-Bean Salad

Nancy Simmons-Walker

Yield: Serves 4 to 6

Salad:

1 can (15 ounces) black eyed peas

1 can (15 ounces) black beans

1 can (15 ounces) kidney beans

1 can (15 ounces) chickpeas

2 ripe tomatoes, seeded and chopped

4 tablespoons chopped fresh basil

4 tablespoons chopped fresh cilantro

2 sweet peppers (green and red), chopped

Onions, to taste

Vinaigrette:

Juice of 1 large lemon

6 tablespoons red wine vinegar

2 cloves garlic, minced
1 teaspoon Dijon mustard
1 teaspoon ground cumin
Salt and pepper, to taste
 $\frac{3}{4}$ cup olive oil
 $\frac{1}{4}$ cup liquid from the beans
Several drops Tabasco or other hot sauce

Drain the beans, but reserve $\frac{1}{4}$ cup of the liquid for the vinaigrette. Mix all salad ingredients together. Combine the ingredients for the vinaigrette and pour over salad. Mix and chill overnight.

Tabouli Salad

Ann Baldwin

$\frac{1}{2}$ cup cracked (bulghar) wheat
1 small onion
2 bunches parsley
Sprig of green mint or 1 tablespoon dried mint
2 tomatoes
Juice of 2 lemons
 $\frac{1}{2}$ cup olive oil
Salt and pepper to taste

Soak wheat in water until tender. Squeeze dry by pressing between palms. Chop onions, parsley, mint leaves and tomatoes very fine. Add wheat, lemon juice, oil, salt and pepper.

Mix well. Serve with lettuce leaves

Thai Cucumbers

Sandie Fenton

3 cups cucumbers, thinly sliced
 $\frac{1}{2}$ cup thinly sliced red onions
2 to 3 tablespoons chopped raw peanuts (can toast before chopping)
2 tablespoons fresh cilantro

Sauce:

4 tablespoons sugar
4 tablespoons rice wine vinegar
¼ teaspoon salt
2 tablespoons water

Mix cucumbers and onions together; set aside. In a pan, bring sauce ingredients to a boil; then cool. Pour over sliced cucumbers and onions. Chill. Sprinkle with peanuts and cilantro before serving.

Three Bean Salad

Dana DeBellis

Yield: Serves 4 to 8

1 can (15 ounces) cannellini beans, rinsed and drained
1 can (15 ounces) kidney beans, rinsed and drained
1 can (15 ounces) garbanzo beans, rinsed and drained
2 celery stalks, finely chopped
1 cup fresh, finely chopped flat-leaf parsley
1 tablespoon fresh and finely chopped rosemary
1/3 cup apple cider vinegar
1/3 cup granulated sugar
¼ cup olive oil
1½ teaspoons salt
¼ teaspoon black pepper

In a large bowl, mix the beans, celery, onion, parsley and rosemary. In a separate bowl, whisk together the vinegar, sugar, olive oil, salt and pepper. Add the dressing to the beans. Toss to coat. Chill beans in the refrigerator for several hours to allow the beans to incorporate the flavor of the dressing.

Tomatoes and Cucumbers with Basil

Dixie Kelly

Yield: 8 servings

4 cups tomatoes, in quarters or eighths according to tomato size
1 small onion, sliced
1 English cucumber, sliced
½ cup extra virgin olive oil

¼ cup balsamic vinegar
1 teaspoon salt
½ teaspoon pepper
½ teaspoon sugar
¼ cup chopped basil

Combine all ingredients and refrigerate at least 1 hour.

Tomato, Fresh Mozzarella and Basil Salad

Holly Jeffries

From *Cooking Light*, July 2006

4 tomatoes, each cut into 6 slices
½ pound fresh mozzarella cheese, cut into 12 slices
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1 tablespoon extra virgin olive oil
½ cup fresh basil leaves

Arrange 4 tomato slices and 2 mozzarella slices on each of 6 salad plates. Sprinkle evenly with salt and pepper. drizzle with oil. Top evenly with basil.

According to *Cooking Light*, this is known as insalata caprese in Italy and is best in summer when tomatoes are at their peak. Although domestic fresh mozzarella is fine, if you can get imported Buffalo mozzarella from Italy, use it. Fresh mozzarella is packed in water and has a softer texture and sweeter than the regular part-skim mozzarella that is used in cooking for its superior melting quality.

Turkey Salad with Dried Cranberries

Anna Brandl-Klein

Roasted turkey, cut into small pieces
Mayonnaise, to taste
Sour cream, to taste
Celery, chopped
Dried cranberries
Salt and pepper, to taste

Combine all ingredients.

Vegetable Medley Salad

Sandie Fenton

Salad:

3 cups thinly sliced carrots
1 small head (4 cups) cauliflower, sliced
1 package (10 ounces) frozen peas
Sliced or chopped green or red peppers
3 scallions chopped, green and white parts
1 can (8 ounces) sliced and drained water chestnuts

In large saucepan, cook carrots and cauliflower in boiling salted water until al dente (4 to 5 minutes). Drain well and cool. In a large bowl, combine carrots and cauliflower with rest of vegetables including frozen peas.

Dressing:

½ cup salad oil
½ cup white wine vinegar
1 tablespoon sugar
½ teaspoon salt
¼ teaspoon pepper
1 tablespoon fresh basil cut in julienne strips
1 tablespoon fresh dill

Garnish:

1 cup shredded cheese

Put in jar, cover and shake well. Pour dressing over all and chill. Just before serving, drain dressing and add 1 cup shredded cheese.

Note: Other vegetables can be added to the carrots and cauliflower. Substitute edamame beans and celery for the peas and water chestnuts. Grape tomatoes can also be added.

Watermelon and Strawberry Salad

from Lynn Lytle

½ seedless watermelon cut in large chunks
2 cups of large strawberries sliced in half
½ cup of torn fresh basil
Fresh cracked pepper to taste
Combine all ingredients and toss well, chill and serve

