

Salads



Bean Salad

Serves 6 to 10

1 can (19 oz)	kidney beans	540 mL
1 can (19 oz)	chickpeas	540 mL
1 can (14 oz)	cut wax beans	398 mL
1 can (14 oz)	cut green beans	398 mL
1 each	red pepper and green pepper, chopped	1
1	onion, sliced	1
2 cloves	garlic, chopped	2
Dressing:		
½ cup	sugar	125 mL
⅔ cup	vinegar	150 mL
⅓ cup	oil	75 mL
¼ tsp	pepper	1 mL
2 Tbsp	dried parsley	30 mL
1 tsp	dry mustard	5 mL
1 tsp	dried basil	5 mL

How to Make:

1. Drain and rinse beans with cold water.
2. In a large bowl: mix beans, onions, peppers, and garlic.
3. Prepare dressing: In a small bowl mix together sugar, vinegar, oil and seasoning.
4. Pour dressing over beans and stir to mix.
5. Refrigerate several hours to allow flavors to mix.

Note

You can add two 10 oz (284 mL) cans of sliced mushrooms to the bean mixture.

Broccoli Salad

Serves 4

4 cups	chopped broccoli	1 L
½ cup	raisins	125 mL
¼ cup	chopped red onion	50 mL
¼ cup	chopped red pepper	50 mL
½ cup	unsalted toasted sunflower seeds	125 mL
2 strips	crisp crumbled bacon	2

Creamy Garlic Dressing:

¼ cup	mayonnaise	50 mL
2 Tbsp	plain yogurt	30 mL
2 tsp	sugar	10 mL
1 clove	garlic, minced	1
2 tsp	cider or white wine vinegar	10 mL

How to Make:

1. In a medium sized bowl, combine all salad ingredients.
2. In a small bowl, combine all dressing ingredients.
3. Mix the salad with dressing and serve.

Note:

You can eat this salad right away or store in the refrigerator for a few hours for flavors to mix.

Caesar Salad

Serves 6

Salad:

1 bunch	romaine or other lettuce	1
2 to 3	carrots, diced	2 to 3
2 to 3 stalks	celery, diced	2 to 3

Dressing:

1	hard boiled egg, chopped small	1
½ cup	mayonnaise	125 mL
¼ cup	water	50 mL
½ tsp	bouillon powder, (chicken, vegetable or beef)	2 mL
2 Tbsp	parmesan cheese	30 mL
4 tsp	lemon juice	20 mL
1 Tbsp	vinegar (red wine or other)	15 mL
3 cloves	garlic, minced	3
1 tsp	Dijon mustard	5 mL
1 tsp	Worcestershire sauce	5 mL
	pepper to taste	

How to Make:

1. Wash lettuce and tear into pieces. Place in a large bowl.
2. Add diced carrots and celery.
3. Prepare dressing by mixing all ingredients in a bowl or in a jar with a lid. Shake or whisk to mix ingredients.
4. Pour dressing over vegetables, toss to mix.

Note:

You can use other vegetables in the salad; such as radishes or zucchini.

Carrot and Broccoli Salad

Serves 6

2 lbs	broccoli	1 kg
6	carrots, peeled	6
2 cups	lettuce pieces	500 mL
¼ cup	sliced green onions (about 2)	50 mL
1 cup	shredded Mozzarella cheese	250 mL

Dressing:

¼ cup	vegetable oil	50 mL
2 Tbsp	mayonnaise	30 mL
1 Tbsp	red wine vinegar	15 mL
1 Tbsp	lemon juice	15 mL
1 Tbsp	Dijon mustard	15 mL
1 clove	garlic, minced	1
	salt and pepper	

How to Make:

1. Trim tough ends from broccoli and cut into small bite-size pieces. Cut carrots into thin slices. Microwave carrots and broccoli together on high for 2 to 3 minutes. Rinse with cold water, drain and let cool.
2. In a large bowl combine, carrots and broccoli with lettuce that has been torn into bite-size pieces. Add onions and shredded cheese.
3. To make dressing, in a small bowl, whisk together oil, mayonnaise, vinegar, lemon juice, mustard and garlic.
4. Add a sprinkle of salt and pepper to taste.
5. Pour dressing over salad and serve.

Note:

1. When in season, this salad can be made with asparagus, instead of broccoli.
2. You can use ½ tsp (2 mL) dry mustard if you don't have Dijon mustard.

Coleslaw

Serves 8

4 cups	chopped green cabbage	1 L
1 cup	chopped apple	250 mL
1 cup	grated carrot	250 mL
1 cup	chopped celery	250 mL
$\frac{1}{3}$ cup	mayonnaise	75 mL
$\frac{1}{2}$ tsp	sugar	2 mL
$\frac{1}{4}$ tsp	salt	1 mL
1 Tbsp	vinegar or lemon juice	15 mL

How to Make:

1. In a large bowl, combine cabbage, apples, carrots and celery.
2. In a small bowl, mix together mayonnaise, sugar, salt and vinegar. Add to cabbage mixture; stir to blend well.
3. Chill for 2 hours or over night to mix flavors.

Note:

You can add $\frac{1}{2}$ cup (125 mL) sliced radishes or $\frac{1}{2}$ cup (125 mL) of raisins.

Lentil and Rice Salad

Serves 8

½ cup	long grain white rice, uncooked	125 mL
½ cup	green lentils, uncooked	125 mL
¼ cup	oil	50 mL
½ cup	chopped onion	125 mL
1 cup	chopped celery	250 mL
1 cup	chopped carrot	250 mL
¼ cup	lemon juice	50 mL
2 tsp	dried basil	10 mL
½ cup	diced cheese	125 mL
	salt and pepper to taste	

How to Make:

1. Add 2 cups (500 mL) of water to a medium pot. Bring to a boil over high heat. Add the rice and lentils and stir.
2. Reduce heat to medium and continue to cook covered for 20 minutes. Do not let the lentils become mushy. Drain off cooking water. Add cold water to rinse the lentils. Drain water. Place rice and lentils in large salad bowl.
3. In a skillet heat 2 Tbsp (30 mL) oil and add onions. Cook for 2-3 minutes. Add celery and carrots and cook for 3 more minutes. Add vegetables to salad bowl.
4. In a separate small bowl, mix 2 Tbsp (30 mL) oil, lemon juice, and basil. Add to salad bowl along with cheese. Add salt and pepper if you wish.
5. Serve warm or cool.

Note:

- You can add other vegetables such as chopped green or red pepper, and other herbs such as parsley or oregano.
- Use Cheddar or Mozzarella cheese.

Macaroni Salad

Serves 6

2 cups	uncooked macaroni	500 mL
1 cup	mayonnaise	250 mL
1 Tbsp	vinegar	15 mL
1 Tbsp	mustard	15 mL
1 ½ tsp	salt	7 mL
2	dill pickles, chopped	2
1	carrot, grated	1
1 small	green pepper, chopped	1
1 stalk	celery, chopped	1
¼ cup	chopped onion	50 mL

How to Make:

1. In a large pot of boiling water, cook macaroni until tender. Drain off water and cool the macaroni under running water. Drain again.
2. Mix the mayonnaise, vinegar, mustard and salt. Add to the macaroni and mix.
3. Add the chopped vegetables and pickles. Stir to mix.
4. Chill and serve.

Marinated Tomatoes

Serves 4

3 large	tomatoes	3
3 Tbsp	vegetable oil	45 mL
1 Tbsp	white wine vinegar	15 mL
½ tsp	salt	2 mL
½ tsp	sugar	2 mL
1 tsp	dried basil	5 mL
	pepper to taste.	

How to Make:

1. Slice tomatoes.
2. Mix together oil, vinegar, salt and sugar.
3. Place tomatoes in a shallow bowl. Pour oil vinegar mixture over. Sprinkle with basil and ground pepper.
4. Toss gently and let marinate for 1 hour. Serve cool.

Note:

You can use 1 Tbsp (15 mL) of fresh basil instead of the dried basil.

Pasta Salad

Serves 6

1 ½ cups	uncooked rotini or similar pasta	375 mL
1 ½ cups	meat , cooked and chopped (chicken, ham, turkey or tuna)	375 mL
2 to 3 cups	chopped vegetables (carrots, cauliflower, broccoli green, red or yellow pepper, zucchini, celery or radish)	500 to 750 mL
Dressing:		
¼ cup	vinegar (cider, red wine or plain)	50 mL
2 Tbsp	oil	30 mL
1 Tbsp	mustard (Dijon or other wet mustards)	15 mL
¼ tsp	garlic powder	1 mL
1 ½ tsp	basil or dill	7 mL
2 Tbsp	chopped green onion	30 mL
	salt and pepper to taste	

How to Make:

1. Use a combination of chopped vegetables to make a total of 2 to 3 cups (500 to 750 mL). Use one type of meat or a mixture of meat to make 1 ½ cups (375 mL).
2. Fill a large pot with water until half full. Bring water to a boil and add pasta. Bring water back to a boil, reduce heat and allow to boil gently until pasta is tender. Drain pasta and rinse under cold water.
3. In a large bowl, mix pasta with vegetables and meat.
4. Dressing: Mix together ingredients in a small bowl. Pour over salad mixture. Cover and refrigerate to allow flavors to mix.

Note:

- You can add white or red onion instead of the green onion.
- You can use bottled Italian dressing or the Tangy Italian Salad Dressing (see Page 142).

Pineapple Black Bean Salad

Serves 8

Salad

2 cups	canned pineapple chunks, drained	500 mL
1 can (14–16 oz)	black beans, drained and rinsed	500 mL
1 ½ cups	cooked brown rice	375 mL
1	green pepper, chopped	1
½ cup	chopped celery	125 mL
½ cup	chopped carrot	125 mL
½ cup	chopped green onion (about 4)	125 mL
½ cup	Honey Dijon dressing (below)	125 mL

Honey Dijon Dressing:

2 Tbsp	vinegar	30 mL
½ tsp	Dijon mustard	2 mL
¼ cup	oil	50 mL
3 Tbsp	water	45 mL
1 tsp	honey	5 mL
	salt and pepper to taste	

How to Make:

1. To prepare rice, mix ½ cup (125 mL) brown rice with 1 cup (250 mL) water, in a small pot. Bring to a boil. Stir and reduce heat to medium. Cook covered until rice is soft, about 45 minutes.
2. Let rice stand in covered pot about 10 minutes and then place in large salad bowl to cool before mixing with other ingredients.
3. Prepare Honey Dijon Dressing by mixing all the ingredients together in a small bowl.
4. Mix together salad ingredients in a large bowl with rice. Pour dressing over salad and toss to mix.

Note:

- You can use white rice instead of the brown rice.
- You can use regular onions instead of the green onions.

Potato Salad

Serves 6

4 large	potatoes, peeled	4
¼ cup	chopped green onion (about 2)	50 mL
¼ cup	finely sliced radish	50 mL
¼ cup	finely chopped celery	50 mL
1	hard boiled egg, peeled and chopped	1
Dressing:		
⅓ cup	mayonnaise	75 mL
½ tsp	sugar	2 mL
1 tsp	white vinegar	5 mL
¼ tsp	dry mustard	1 mL

How to Make:

1. Cut potatoes in about 4 pieces each and boil covered in slightly salted water until tender, about 20 minutes. Drain off water. Cool.
2. Cut potatoes into small pieces and place in a large bowl. Add onion, radish, celery and egg and mix together.
3. To make dressing; whisk ingredients together in a small bowl.
4. Toss dressing with vegetables to moisten, cover and keep cool in the refrigerator for up to 2 hours before serving.

Note:

You can add ¼ cup (50 mL) each of other ingredients to your salad such as finely chopped cucumber or peppers or finely crumbled crisp bacon.

Tangy Italian Salad Dressing

½ cup	vegetable oil	125 mL
⅓ cup	red wine vinegar	75 mL
1 Tbsp	sugar or honey	15 mL
½ tsp	salt	2 mL
½ tsp	celery seed	2 mL
½ tsp	coarsely ground pepper	2 mL
½ tsp	dry mustard	2 mL
½ tsp	Worcestershire sauce	2 mL
¼ tsp	hot sauce	1 mL
1 clove	garlic, minced	1

How to Make:

1. Combine all ingredients in a jar and shake well.
2. Refrigerate.

Note:

- This dressing will keep for up to 3 months in the refrigerator. Write the date you made the dressing on the container.
- It is great for any type of green salad or even pasta salad.
- Take it out of the refrigerator about 30 minutes before using to allow the oil to become liquid again.

Tossed Green Salad

Greens:	lettuce of your choice and other greens like spinach
Raw vegetables:	thinly sliced onion, peppers, mushrooms, cauliflower, broccoli, chopped tomatoes, grated carrot, cabbage or beets, sprouts of any kind, avocado, or sliced cucumber
Cooked vegetables:	peas, corn, or beans
Raw, canned or dried fruit:	orange sections, pineapple, canned pears, raisins, or dried cranberries
Pickled things:	thinly sliced olives or artichoke hearts
Other:	croutons, nuts or seeds, grated cheese, or sliced water chestnuts

How to Make:

Toss ingredients together in a large bowl. Just before serving, add a dressing of your choice.

Note:

- These are just some of the ingredients that can be used to make a tossed salad.
- You can make a salad from just different kinds of lettuce or you can add whatever you have on hand.
- Any combinations of ingredients should be cut into bite-size pieces, as you should be able to eat your salad with a fork.
- The Tangy Italian Dressing will work for any combination of tossed salad (see Page 142).