



savor
*Summer
Salads*



antipasto salad skewers

Serves: 4-6

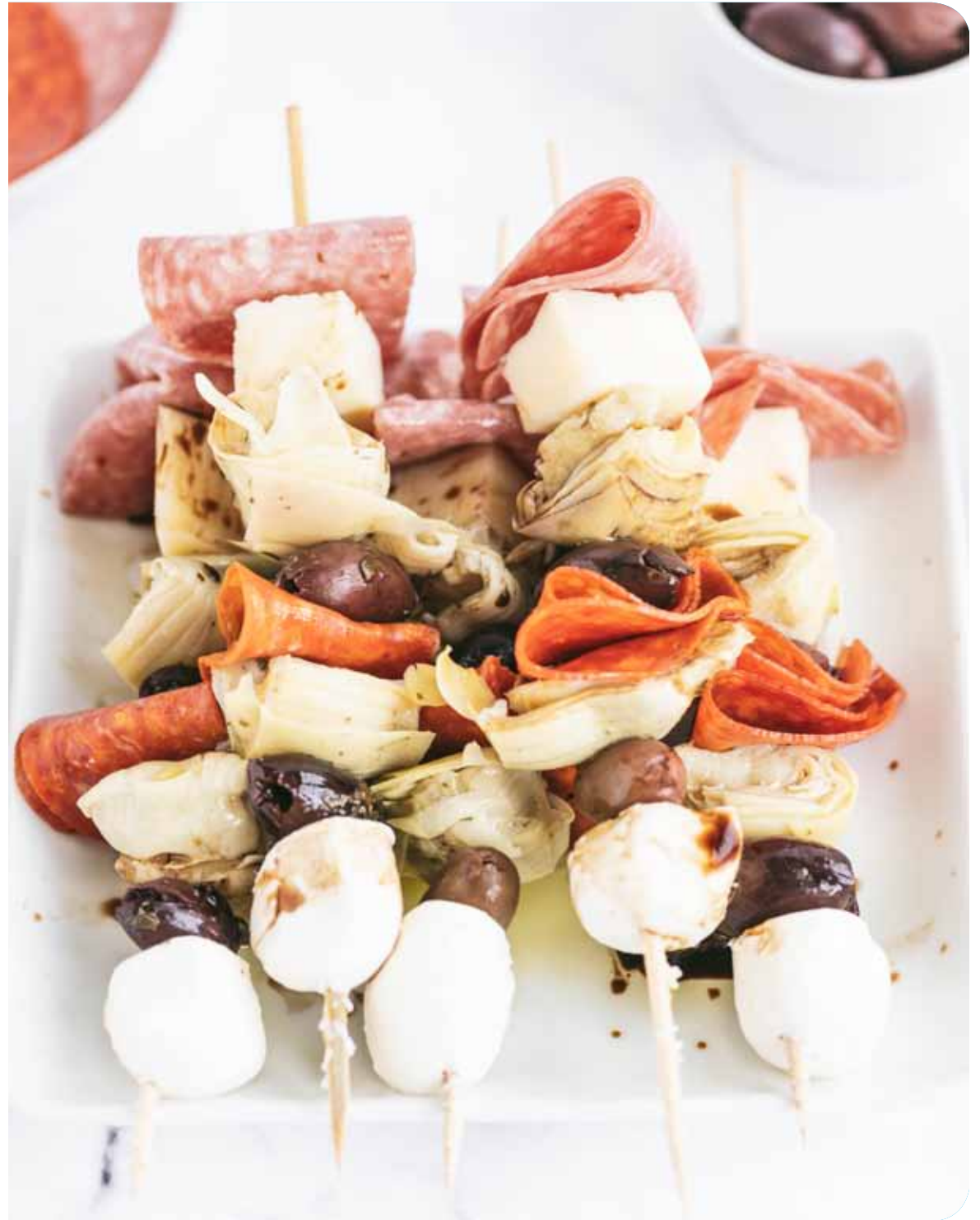
Prep Time: 15 minutes

INGREDIENTS

- 8 skewers
- 4 ounces sharp provolone cheese, cut into 1-inch cubes
- 8 ounces baby mozzarella balls
- 1/2 cup marinated artichokes, drained
- 1/2 cup pitted olives
- 12 slices salami
- 12 slices pepperoni
- 1/3 cup oil and vinegar dressing

PREPARATION

1. Arrange the skewers on a platter
2. Add the ingredients by alternating its order onto the skewers. When adding the meats, fold the slices before adding onto the skewers.
3. Once assembled, drizzle the oil and vinegar dressing atop the skewers.





BACON AND PEAS ALFREDO PASTA SALAD

Serves: 4 Prep Time: 10 minutes
Cook Time: 30 minutes

INGREDIENTS

4 tablespoons butter
2 garlic cloves, minced
1 cup heavy cream
3/4 cup Parmesan cheese, grated
1 cup frozen peas, thawed
Salt, to taste
Pepper, to taste
8 ounces penne pasta, cooked according
to package directions
4 slices bacon
1/2 cup cherry tomatoes, sliced in half
1/3 cup onions

PREPARATION

1. In a saucepan over medium-low heat, melt the butter.
2. Add the garlic and heavy cream and bring to a simmer. Stir often.
3. Add the parmesan cheese, peas, salt and pepper. Simmer and stir for about 10-15 minutes until the sauce is smooth and thick in consistency. Once done cooking, set aside to cool.
4. In a small skillet, cook the bacon until it is well done. Dice it into pieces and set aside to cool.
5. In a bowl, mix together cooled pasta, sauce, bacon, tomatoes, and onions.
6. Refrigerate for 10 minutes before serving.

BLACK BEAN BURGER SALAD

Serves: 6 Prep Time: 10 minutes

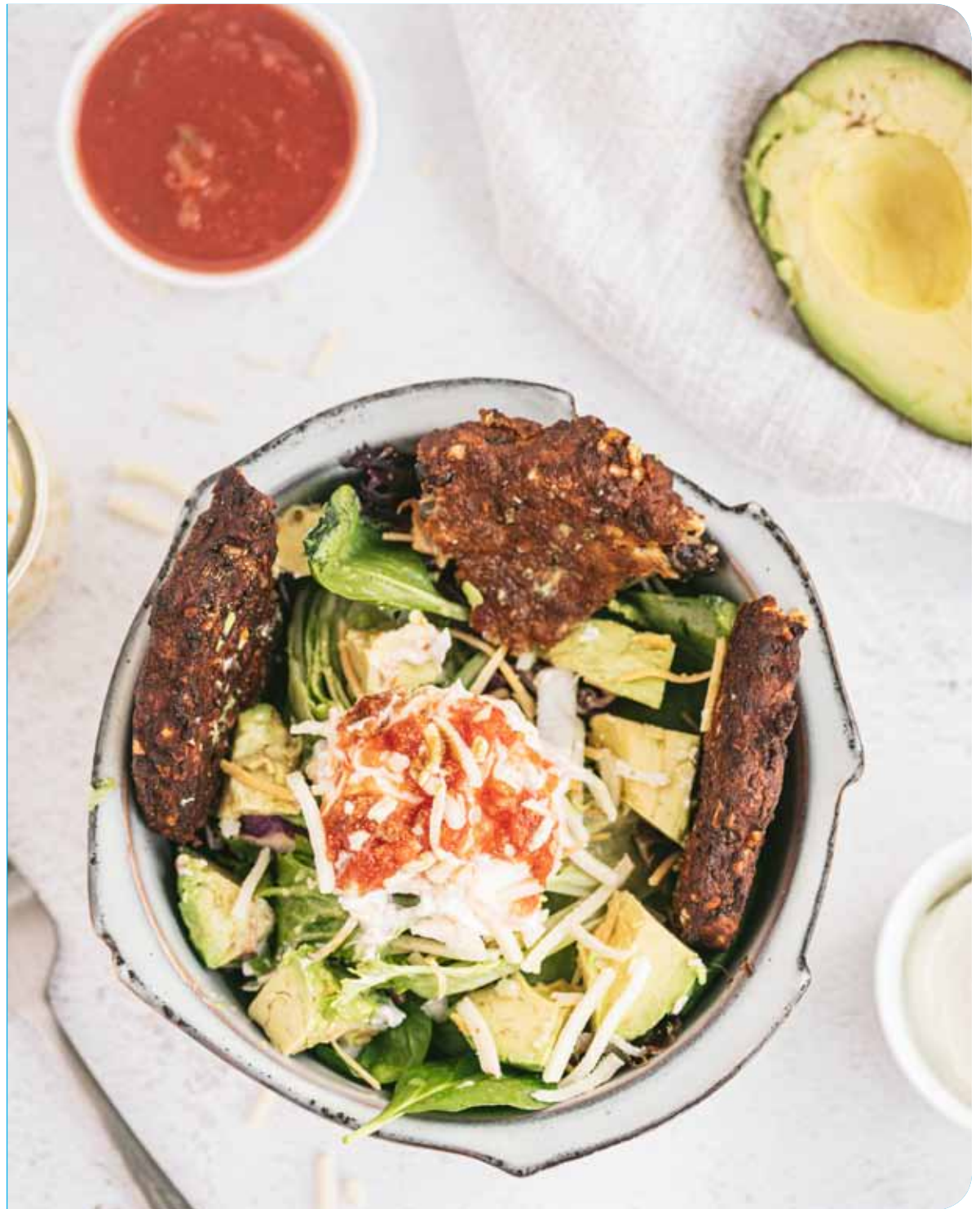
Cook Time: 5 minutes

INGREDIENTS

- 4 black bean burgers
- 4 cups mixed greens
- 1/2 cup onions, chopped
- 1 avocado, diced
- 1 cup shredded cheddar cheese
- 1 teaspoon cumin
- 1 cup salsa
- 1/2 cup sour cream
- 1/2 cup grated pepper jack cheese

PREPARATION

1. Cook burgers according to package directions and cut into bite-size pieces. Set aside.
2. In a bowl, mix the greens, onion, avocado, cheddar cheese and cumin. Split the salad mixture into 6 small bowls.
3. Add the black bean burger pieces atop the mixed green mixtures in each of the bowls.
4. Add the salsa, sour cream and pepper jack cheese on top.





BLUE CHEESE DRESSING

Serves 10 (2 tablespoons each)

Prep time: 5 minutes

INGREDIENTS

- 1 cup Greek yogurt
- 1/2 cup buttermilk
- 1 1/2 teaspoons granulated garlic
- 1 1/2 teaspoons granulated onion
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon black pepper
- 4 ounces blue cheese, crumbled

PREPARATION

1. In a bowl, whisk together yogurt, buttermilk, garlic, onion, salt, and pepper. Stir in blue cheese, leaving blue cheese chunky.
2. Pour mixture into a jar and chill in the refrigerator for a week. Store for up to a week.

note:

For a creamy dressing, puree blue cheese with yogurt until smooth in consistency

caesar salad

Serves: 8 Prep time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS

Croutons:

- 4 cups cubed sourdough bread
- 1/3 cup olive oil
- 1 teaspoon garlic powder, divided

Caesar Dressing:

- 1 cup plain Greek yogurt
- 1 lemon, juiced
- 1 teaspoon Dijon mustard
- 2 teaspoons Worcestershire sauce
- 2 teaspoons anchovy paste
- 1/2 cup grated parmesan cheese
- Salt, to taste
- Black pepper, to taste

Salad

- 2 large romaine Hearts, chopped
- 1/2 cup shredded Parmesan cheese

PREPARATION

1. Preheat oven to 375 degrees F and cover sheet tray with parchment paper. In a large bowl, combine bread, oil, and 1/2 teaspoon garlic powder. Place seasoned bread on sheet tray and bake for 15 – 20 minutes, stirring breadcrumbs for even browning. Remove from oven and cool.
2. In a small bowl, combine yogurt, lemon juice, mustard, Worcestershire, anchovy paste, parmesan, and remaining garlic powder. Season with salt and pepper to taste. Place in refrigerator until ready to serve.
3. In a serving bowl, layer romaine lettuce with croutons and dressing. Garnish with parmesan cheese and ground black pepper.



CHEF TIP:

Try subbing out croutons for roasted garlic chickpeas. It will add crunch and protein to this classic salad.



RANCH DRESSING

Serves: 10 (2 tablespoons each)

Prep time: 5 minutes

INGREDIENTS

- 1 cup plain yogurt
- 1/2 cup buttermilk
- 1 tablespoon dried chives
- 2 teaspoons granulated garlic
- 2 teaspoons granulated onion
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried dill
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon black pepper

PREPARATION

1. In a bowl, whisk together yogurt, buttermilk, chives, garlic, onion, parsley, dill, salt and pepper.
2. Pour mixture into a jar and chill in the refrigerator for a week. Store for up to a week.

SPICY PROSCIUTTO CAPRESE SALAD

Serves: 4 Prep Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS

1 cup balsamic vinegar
2 ripe heirloom tomatoes, cut into 1/2 inch slices
8 ounces fresh mozzarella, cut into 1/2 inch slices
8 ounces prosciutto slices
Olive oil, to drizzle
1 teaspoon crushed red pepper
Salt, to taste
Pepper, to taste
Basil leaves, for garnish

PREPARATION

1. In a small saucepan, boil the balsamic vinegar for about 10-15 minutes until it reaches a thick and pourable consistency.
2. On a small platter, assemble the salad by alternating in the order of tomato, mozzarella and a slice of prosciutto folded.
3. Once assembled, pour the balsamic vinegar atop the salad.
4. Drizzle with olive oil.
5. Add the crushed red pepper, salt and pepper evenly across the salad.
6. Garnish with basil leaves.





TROPICAL FRUIT SALAD

Serves: 4-6

Prep Time: 15 minutes

INGREDIENTS

8 ounces cream cheese, room temperature
1 cup Cool Whip
1 cup strawberries, sliced in halves
1 cup grapes, sliced in halves
1 cup apples, diced
1 cup pineapple chunks
1 teaspoon vanilla extract
Shredded coconut for topping

PREPARATION

1. In a bowl, mix the cream cheese and Cool Whip until it reaches a smooth consistency.
2. Add in the strawberries, grapes, apples, pineapple chunk and vanilla extract. Mix well.
3. When serving, top with shredded coconut.

PESTO CHICKEN SALAD

Serves: 4 Prep time: 30 minutes

Cook Time: 10 minutes

INGREDIENTS

Pesto:

1/2 cup walnuts, toasted
2 garlic cloves
1 bunch basil leaves
1/2 cup shredded parmesan cheese
1/2 cup olive oil
salt, to taste
pepper, to taste

Salad:

1 cup pesto
4 (4-ounce) boneless skinless chicken breast
Cooking spray
1 head of escarole, roughly chopped (can use romaine, bib lettuce, or kale)
1 cup cherry tomatoes, halved
8 radishes, thinly sliced
1 large carrot, peeled into thin strips
1/2 small red onion, thinly sliced
1 ripe avocado, thinly sliced
2 lemons, juiced

PREPARATION

1. In a food processor, mince walnuts and garlic. Add basil, parmesan cheese, and olive oil to food processor. Pulse until pesto make paste like consistency. Season with salt and pepper.
2. Mix 1/2 cup of pesto with chicken breast and set aside for 30 minutes. Season grill pan with cooking spray over medium- high heat. Add chicken and grill approximately 10 minutes, turning once. Remove from heat and rest. Slice chicken breast into strips.
3. In a serving bowl, arrange escarole as the base of your salad. Top with tomatoes, radishes, carrots, onion, and avocado.
4. In a small bowl, stir together remaining pesto and lemon juice to make dressing. Drizzle pesto dressing on top of salad bowl.





FRENCH DRESSING

Serves: 20 (2 tablespoons each)

Prep time: 5 minutes

INGREDIENTS

- 1 cup plain yogurt
- 1 cup ketchup
- 1 cup canola oil
- 4 tablespoons honey
- 2 tablespoon apple cider vinegar
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper

PREPARATION

1. In a bowl, whisk together yogurt, ketchup, oil, honey, vinegar, onion powder, garlic powder, paprika, salt and pepper.
2. Pour mixture into a jar and chill in the refrigerator for a week. Store for up to a week