

**June 2019**  
**Eating Well: Refreshing Salads**  
**Crunchy Cabbage Salad**

**Ingredients:**

Salad:

1 cups green cabbage, shredded

10z bag frozen shelled edamame, thawed & drained

Carrots, shredded, 1 cup

Red bell pepper, diced, 1 large

Mango, diced. 1 large

Avocado, diced, 1 large

Green onions, sliced, ½ cup

Cilantro, minced. ¼ cup

Asian Sesame Salad Dressing:

Rice vinegar, 1 cup

Olive oil, ¼ cup

Sesame see oil, 3 tsp.

Juice of 1 lime

Soy sauce, 1 Tbsp.

Dressing: whisk all ingredients until combined & emulsified.

For the salad:

In a large bowl, combine all of the salad ingredients.

Pour dressing over the salad & toss & serve! And

Optional:

Top with chicken, toasted cashews & ramen noodles.

## Greek 7-Layer Salad

### Ingredients:

Hummus, store bought or home made,, 8 ounces  
Greek yogurt, 1 cup  
Garlic, finely minced 1 clove  
Fresh dill, chopped, 1 tsp.  
Juice of ½ lemon  
Pinch kosher salt  
Freshly ground black pepper  
Red onion, minced, 2 Tbsp.  
Cucumber, ½ inch diced, 1 cup  
Tomato, seeded ½ inch dice, 1 cup  
Crumbled feta cheese, ¼ cup  
Olives, sliced, ¼ cup

### Directions:

In a small bowl, combine yogurt, garlic, dill, lemon juice, salt freshly ground pepper.

Set aside.

In an 8x8" or 7x11" glass dish, layer the Hummus, yogurt mixture,, red onion, cucumber, tomatoes, feta & olives.

Serve with whole grain pita chips or baked corn chips.

## **Lettuce. Wedge & Potato Salad**

### **Ingredients:**

Red onion, thinly sliced, 1 cup  
Cider vinegar, 3 Tbsp.  
Baby red potatoes, ¼ # pound  
Green beans, trimmed, ¼ #  
Bacon slices, thick-cut 1, diced  
Dijon mustard, 1 tsp.  
Kosher salt, ¼ tsp  
Ground black pepper, ¼ tsp.  
Bibb lettuce, 1 Head, cut into 4 wedges  
Radishes, thinly sliced, 3  
Chives, fresh, chopped 1 Tbsp.

### **Directions:**

Place onion & vinegar in a small bowl; toss to coat  
Place potatoes in a medium saucepan; cover with water 2 inches above potatoes.  
Bring to a boil. Reduce heat & simmer 15 minutes or until tender.  
Remove potatoes from pan with a slotted spoon; cool slightly.  
Thinly slice potatoes. Bring water in pan to a boil. Add green beans; cook 3 minutes or until crisp-tender. Drain. Rinse beans under cold water; drain.

Cook bacon in a small skillet over medium heat 6 minutes or until crisp. Remove from heat. Drain vinegar from onions into skillet with bacon & drippings. Add oil, mustard, salt & pepper, stirring with a whisk.

Arrange lettuce wedges on 4 plates; top evenly with onion, potatoes, green beans & radishes.

Drizzle with vinaigrette, sprinkle with chives.

Serves: 4

Calories: 117, Fat: 6.9 g, Protein: 3 g, CHO: 12 g, Fiber: 2 g, Sodium: 207 mg

## **Brussel Sprouts Salad with cranberries, goat cheese & walnuts**

### **Ingredients:**

1 # fresh cranberries, washed  
2# fresh Brussel Sprouts, washed, dried & cored  
Zest of 2 lemons  
1 Tbsp. Honey  
¼ cup olive oil  
Dash of salt & black pepper  
½ cup walnuts, chopped & toasted  
Goat cheese, crumbled 2 oz.  
Bacon, cooked & crumbled, 4 slices

### **Directions:**

Shred Brussel sprouts by chopping by hand; place in a large bowl.  
To make dressing: zest & juice lemons in a bowl.  
Add honey & whisk in olive oil.  
Season to taste with salt & pepper.  
Thoroughly mix dressing with shredded Brussel sprouts.  
Top salad with crumbled goat cheese, crumbled crispy bacon & toasted walnuts.  
Add cranberries.

Enjoy this colorful salad.

## Summer Corn & Bean Salad

### Ingredients:

Apple cider ¼ cup

Corn, fresh off the cob ½ cup

Olive oil ¼ cup

Red sweet pepper, ¼ " dice (1 pepper)

Celery, diced, 1 cup

Sweet onion, diced, 1 cup

Jalapeño onion, seeded & minced (wear gloves)

Black beans, 1 can (15.5 oz), drained & rinsed

Black-eyed peas, drained & rinsed, 1 can (15.5 oz)

### Directions:

Combine all ingredients & toss to combine.

Salt to taste.

Served with tortilla chips.

Makes: 7 cups

## **Cali-Green Bean Salad**

### **Ingredients:**

Red wine vinegar, 2 Tbsp.

Olive oil, 1 Tbsp.

Lemon juice, fresh, 1 Tbsp.

Chives, fresh, minced, 1 Tbsp.

Stone-ground mustard, 2 tsp.

Honey, 1 tsp.

Salt & pepper to taste

Green beans, fresh, trimmed, bias-sliced & blanched

Red seedless grapes, 1 cup halved

Avocado, cubed 1

Bleu cheese, crumbled, 2 oz.

### **Directions:**

Whisk together vinegar, oil, lemon juice, chives, mustard & honey for the vinaigrette; season with salt & pepper.

Toss beans & grapes with vinaigrette; top salad with avocado & blue cheese.

Serves: 4. (8 cups)