

Quick Bites: Segment 14
Summer Salads with Homemade Vinaigrettes

Grilled Peach Pork Tenderloin Salad

Ingredients:

1 pork tenderloin (1#), trimmed
¼ tsp. Black pepper
2 peaches
Olive oil for spritzing
2 heads butter lettuce, washed & dried
1 cup blueberries, fresh
1 English cucumber, coarsely chopped
1 cup snow peas
4 radishes, thinly sliced
¼ cup pecan halves, toasted
2 oz. goat cheese, crumbled



Dressing:

Combine:

¼ cup olive oil
1/3 cup red wine vinegar
1 Tbsp. Dijon mustard
1 tsp. Honey
½ tsp. Fresh thyme leaves

Directions:

Pre-heat oven to 425 degrees. Heat grill pan on medium-high for 3-5 minutes. Cut the pork in half with-wise and season with pepper. Cut the peaches in half & remove pits. Spray the cut side of the peach with oil using the spritzer, Place the pork & peaches on the grill pan. Grill the pork & peaches for 10 minutes, turning the pork halfway through cooking. Slice the peaches, cut-side down, set aside, Combine oil, vinegar, & honey for dressing. Remove the pan from the oven. Transfer pork to a cutting board to rest. Add thyme to the dressing.

On a large serving platter, arrange lettuce on platter, add pecans, goat cheese, peaches, cucumbers, blueberries, snow peas and drizzle 2/3 of the dressing on salad. Slice pork & arrange on top of salad to serve.

Serves: 4.

Grilled Peach Chicken Salad

Dressing:

1/3 cup plain yogurt, non fat
1 Tbsp. Fresh lime juice
1 Tbsp. Peach preserves
1 Tbsp. Snipped fresh mint leaves

Chicken & Salad:

1 tsp. Olive oil
1 garlic clove, pressed
4 boneless, skinless chicken breasts (4-6 oz)
Coarsely ground black pepper
2 large peaches, pitted & cut into ¾ inch wedges
1 cup lightly packed watercress leaves
¼ cup toasted chopped pecans
1 cup fresh blueberries

Directions:

For dressing, whisk together ingredients until well-blended. Refrigerate until ready to use.

Using a grill pan, grill chicken, oil & garlic & season with pepper. Cook for 12-15 minutes or until 165 degrees.

Place peach wedges on lightly greased grill pan, cook until you get grill marks. Place chicken & peaches in a mixing bowl, add dressing & mix gently. Cover & refrigerate about 2 hours or until chilled.

To serve, add watercress to chicken mixture; toss lightly. Place on a serving platter. Sprinkle with pecans and fresh blueberries.

Serves: 4

Vinaigrette

Ingredients:

1/3 cup red or white wine vinegar
Handful of parsley leaves
1 Tbsp. Dijon mustard
Pinch of freshly ground black pepper
¼ cup olive oil

Directions:

Using a food processor or blender, combine all ingredients except for the olive oil. Pulse until the herbs are finely chopped. Next, gradually add the olive oil until the vinaigrette is nice & thick. Drizzle on a green salad. Can also add flavor to cooked vegetables or pasta.

Italian Vinaigrette

Ingredients:

1/3 cup red wine vinegar
2 tsp. Dijon mustard
½ tsp. dried oregano
½ tsp. dried basil
1 small clove garlic, minced
Pinch of freshly ground black pepper
¼ cup olive oil

Directions:

Combine the vinegar, mustard, oregano, basil, garlic & pepper in a jar. Cover and shake until combined. Add the olive oil, cover and shake again until smooth. The dressing will keep refrigerated up to 1 week.

Creamy Buttermilk Dressing

1/2 cup nonfat plain yogurt
1/2 cup buttermilk
Pinch of black pepper
1 tsp. dried Italian seasonings
1 clove garlic, minced
1 Tbsp. chives, fresh, minced
½ cup fresh parsley, finely minced

Directions:

Combine the ingredients & whisk well. Refrigerate until ready to use.
For a thinner consistency, add extra buttermilk.

French Vinaigrette Dressing

Ingredients:

4 Tbsp. Dijon mustard
1/3 cup balsamic vinegar
1/3 cup olive oil
2 cloves garlic, minced
Pinch of freshly ground black pepper
Juice of 1 lemon & zest of lemon
2 Tbsp. fresh parsley, chopped

Directions:

Whisk the mustard & balsamic vinegar in a 2 cup bowl.
Slowly add the olive oil a Tablespoon at a time to make sure the dressing is combined & emulsified; add in the remaining ingredients.