



Sizzling Summer Salads

Enjoy a bounty of healthy and delicious perfection fresh from the garden or your local farmers market. With all the barbecues, picnics and friendly get-togethers, it's a perfect time for sharing favorite foods and lasting memories.

FOOD

Summer Salad Tips

To me, summer just begs for simple salads for side dishes or as the main attraction. Most salads require little or no cooking - or if they do require cooking it can be done well ahead of time when it is cooler outside. The wide range of fresh produce that is available is never better - and the prices are their lowest while the quality is usually at its highest. Here are a few of our favorite salad tips.

- Be sure to use fresh seasonal vegetables.
- Use extra virgin olive oil and vinegar or lemon juice for vinaigrettes.
- Use herbs to flavor the dressing, and maybe mustard, or chili's, or garlic to further punch up that flavor.
- When serving, most summer salads look best on a platter rather than in bowls to show off the ingredients.
- Don't be afraid to substitute low fat ingredients in most salad recipes.
- Any salad can be served in a slice of melon, half of a pear or peach, in a decorative lettuce leaf, on half of a muffin, in a tortilla cup, in a hollowed out pepper or halved cucumber, or any of a variety of decorative touches that you think will blend well with your salad.
- Add some crunch to your salad with sesame seeds, sunflower seeds, cooked bacon, toasted nuts, ramen noodles, chow mein noodles, crumbled tortilla or potato chips,

crushed croutons, or French fried onions. To make sure these ingredients stay crunchy, add them right before serving.

• Even a simple garnish helps make a salad special. Consider sprinkling on some paprika, chopped parsley, chervil, chives or other fresh herbs, diced red onions, diced olives, diced meats, diced peppers, toasted

chopped nuts, sliced mushrooms, or other ingredients. Don't forget the stand-bys of sliced pepper rings, hardboiled egg slices, or sliced pickles.



BLT Salad

Ingredients

- 1 pound bacon
- 3/4 cup mayonnaise
- 1/4 cup milk
- 1 tsp. garlic powder
- 1/8 tsp. ground black pepper
- salt to taste
- 1 head romaine lettuce - rinsed, dried and shredded
- 2 large tomatoes, chopped
- 2 cups seasoned croutons
- 2 hard boiled eggs, optional
- 1/2 cup shredded cheddar cheese, optional
- 1 large avocado, peeled, seeded, thinly sliced



"On a hot summer afternoon this delicious salad is perfect."

Directions

1. Place bacon in a large, deep skillet. Cook over medium high heat, turning frequently, until evenly browned. Drain, crumble and set aside.
2. In a blender or food processor, combine mayonnaise, milk, garlic powder and black pepper. Blend until smooth. Season the dressing with salt.
3. Combine lettuce, tomatoes, bacon and croutons in a large salad bowl. Toss with dressing, and serve immediately.

Greek Picnic Salad

"Nothing tastes more like summer than tomatoes, cukes and peppers from the garden, and this salad showcases them all to perfection! This is a summertime family favorite at our house."



Salad

- 6 ripe tomatoes, chopped
- 2 green bell peppers, seeded and diced
- 1 red onion, diced
- 2-3 cucumbers, seeded and diced
- 1/2 cup chopped fresh parsley
- 1 can black olives, sliced lengthwise
- 1/4 pound feta cheese, crumbled

Dressing

- 1/2 cup extra virgin olive oil
- 2 Tbs. lemon juice
- 2 Tbs. wine vinegar
- 1 1/2 Tsp. Dijon mustard
- 1/8 tsp. black pepper
- 2 cloves garlic, minced

Directions

1. Toss the salad ingredients in a large non-metal bowl.
2. Place all the dressing ingredients into a food processor or blender; process until well blended and toss with salad ingredients. Marinate for at least 30 minutes.



"Throughout the Mediterranean, bread salads have long been a staple. This particular version is an excellent way to use up leftover pita bread. Serve with a glass of dry white wine."

Fattoush Salad

Ingredients

- 2 pita bread rounds, 3 to 4 days old and each 8 inches in diameter
- 1 cucumber, peeled, halved, seeded and diced
- Salt for sprinkling cucumbers, plus salt to taste
- 3 tomatoes, seeded and diced
- 6 green onions, including tender green portions, cut into slices 1/4 inch thick
- 1 green bell pepper, seeded and diced
- 1/3 cup coarsely chopped fresh mint
- 1/4 cup coarsely chopped fresh flat-leaf parsley
- 1/4 cup coarsely chopped fresh cilantro
- Freshly ground pepper, to taste
- 2 large garlic cloves, minced
- 1/4 cup lemon juice
- 1/3 cup extra-virgin olive oil
- 1 small red onion, diced

Directions

1. Preheat an oven to 375 degrees F.
2. Split each pita bread into 2 rounds by separating it along the outside seam; then tear the rounds into 1-inch pieces.
3. Spread the pieces out on a baking sheet. Bake until lightly golden and dry, 10 to 15 minutes. Remove from the oven and place in a bowl.
4. Meanwhile, spread the diced cucumber on paper towels in a single layer, salt lightly and let drain for 15 minutes. Transfer to a colander, place under cold running water for a few seconds and then pat dry with clean paper towels.
5. Add the cucumber, tomatoes, green onions, bell pepper, mint, parsley and cilantro to the bread. Season with salt and pepper and toss well.
6. In a small bowl, whisk together the garlic, lemon juice and olive oil. Season to taste - with salt and pepper. Drizzle over the vegetables and bread and toss well.
7. Transfer the salad to a platter and serve immediately.

Serves 6.

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