

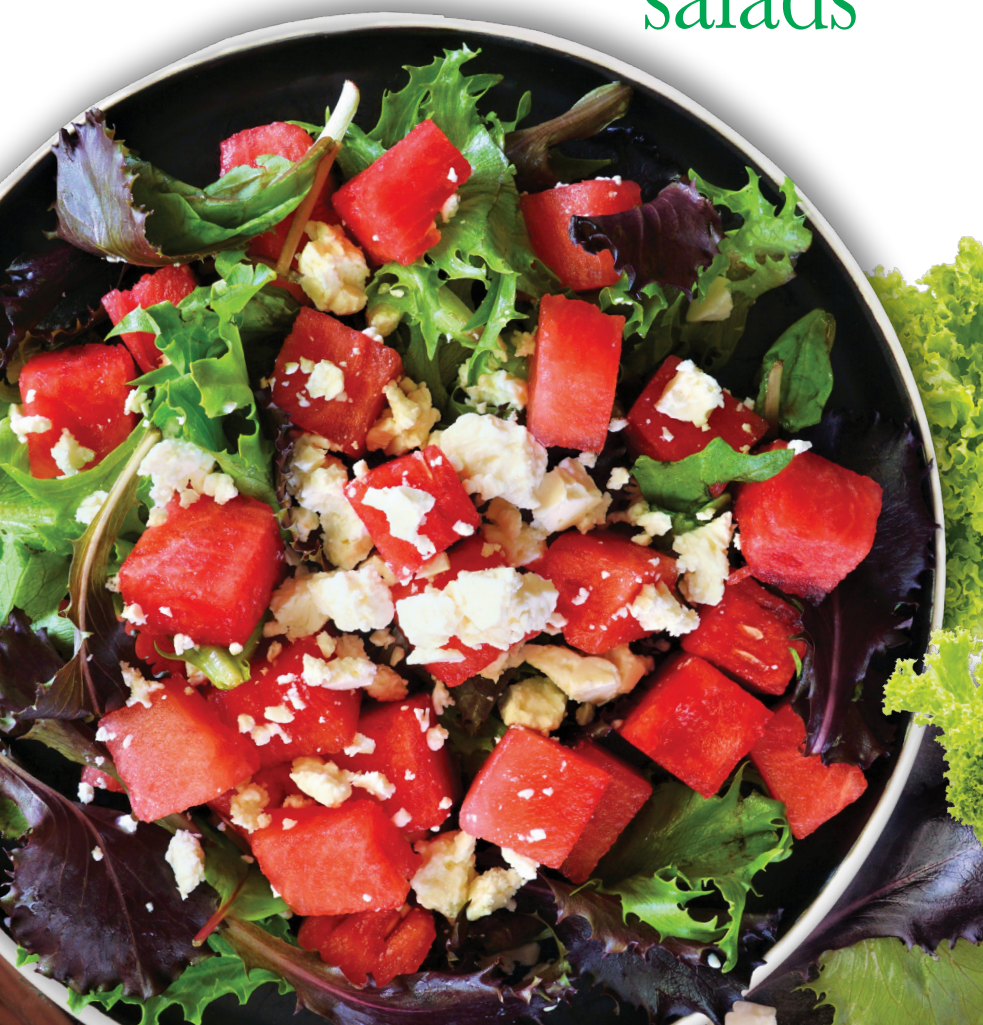
Chef

e x p r e s s



The Herald Bulletin

summer salads



summer salads

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introduction

As temperatures rise and fresh produce becomes abundant, summer salad recipes emerge as vibrant, refreshing, and versatile dishes that celebrate the bounty of the season. From crisp greens to juicy fruits, crunchy vegetables, and fragrant herbs, these salads offer a symphony of flavors, textures, and colors that are the essence of summer dining.



summer salads

- Summer salads are not only delicious but also incredibly nourishing, providing a plethora of vitamins, minerals, and antioxidants. They offer a creative canvas for combining seasonal ingredients in exciting ways, catering to a wide range of tastes and dietary preferences. Whether you're a fan of traditional salads or crave adventurous flavor combinations, there's a summer salad recipe to suit every palate.
- One of the joys of summer salad recipes lies in their simplicity and ease of preparation. Many recipes require minimal cooking, letting the vibrant flavors of fresh produce shine through. From classic garden salads to inventive grain or pasta-based salads, the options are endless. Additionally, summer salads can easily be customized to accommodate dietary restrictions or preferences, making them suitable for everyone to enjoy.

- Furthermore, summer salads are incredibly versatile and adaptable. They can serve as a light and refreshing meal on their own, providing a satisfying combination of nutrients and hydration. Alternatively, they can accompany grilled meats, seafood, or plant-based proteins, adding a burst of flavor and freshness to any summer barbecue or picnic spread.
- Whether you're hosting a backyard gathering, packing a picnic, or simply looking for a quick and nutritious meal, summer salad recipes are the perfect solution. With their vibrant colors, bold flavors, and nourishing ingredients, these salads capture the essence of summer and make every meal a celebration of the season's abundance. So grab your favorite seasonal produce and get ready to enjoy the vibrant flavors of summer with these delicious salad recipes.



Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

classic

garden salad

■ □ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

ingredients

- > Mixed salad greens - 6 cups
- > Cherry tomatoes - 1 cup, halved or whole
- > Cucumber - 1 medium, sliced
- > Red onion - ¼ cup, thinly sliced
- > Carrots - 1 large, grated
- > Bell pepper - 1 medium, diced (optional)
- > Olive oil - 2 tablespoons
- > Balsamic vinegar - 1 tablespoon
- > Salt & Black Pepper to taste

method

1. Wash and dry the mixed salad greens thoroughly. Place them in a large salad bowl.
2. Add the halved or whole cherry tomatoes, sliced cucumber, thinly sliced red onion, grated carrots, and diced bell pepper to the bowl.
3. In a small bowl, whisk together the olive oil and balsamic vinegar to make the dressing.
4. Drizzle the dressing over the salad and toss gently to coat all the ingredients.
5. Season with salt and black pepper to taste.

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Serves 4



tip from the chef

Add extra topping such as hard boiled eggs, bacon bits and radishes!





waldorf salad

■ □ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. In a large bowl, combine chopped apples, celery, walnuts, and raisins.
2. In a small bowl, mix mayonnaise and lemon juice until well combined.
3. Pour the mayonnaise mixture over the apple mixture and toss until everything is evenly coated.
4. Season with salt and pepper to taste.
5. Serve on a bed of lettuce leaves.

ingredients

- > 2 cups chopped apples
- > 1 cup chopped celery
- > ½ cup chopped walnuts
- > ½ cup raisins
- > ½ cup mayonnaise
- > 1 tablespoon lemon juice
- > Salt and pepper to taste
- > Lettuce leaves for serving

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Serves 4

tip from the chef

Serve the mayonnaise dressing on the side!



caesar salad

■ □ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

ingredients

- > 1 head romaine lettuce, chopped
- > ½ cup croutons
- > ¼ cup grated Parmesan cheese
- > ¼ cup Caesar dressing
- > Salt and pepper to taste
- > Optional: Grilled chicken or shrimp for added protein

method

1. In a large bowl, combine chopped romaine lettuce, croutons, and grated Parmesan cheese.
2. Drizzle Caesar dressing over the salad and toss until everything is evenly coated.
3. Season with salt and pepper to taste.
4. Optional: Add grilled chicken or shrimp for extra protein.
5. Serve chilled with extra Caesar dressing on the side.

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Serves 2-4

tip from the chef

For some added taste add cherry tomatoes and a can of store bought anchovies!





greek salad

■ □ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. In a large bowl, combine tomatoes, cucumber, red onion, green olives, and Kalamata olives.
2. In a small bowl, whisk together olive oil, red wine vinegar, dried oregano, salt, and pepper.
3. Pour the dressing over the salad and toss until everything is evenly coated.
4. Place the feta cheese cubes over the top.
5. Optional: Garnish with chopped fresh parsley for added flavor and color.
6. Serve cold.

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Serves 2-4

ingredients

- > 2 large tomatoes, quartered
- > 1 cucumber, chopped
- > 1 red onion, thinly sliced
- > ½ cup green olives
- > ½ cup Kalamata olives, pitted
- > 1 cup feta cheese cut into cubes
- > 2 tablespoons extra virgin olive oil
- > 1 tablespoon red wine vinegar
- > 1 teaspoon dried oregano
- > Salt and pepper to taste
- > Optional: ¼ cup chopped fresh parsley

tip from the chef

This salad is perfect as a side dish or a light meal on its own. Adjust the quantities based on your preferences and the number of servings needed.



cobb salad

with bacon

■ ■ □ | Preparation time: 20 minutes - Cooking time: 0 minutes

ingredients

- > 6 cups chopped romaine lettuce
- > 2 cups cooked chicken breast, chopped
- > 4 hard-boiled eggs, quartered
- > 1 large avocado, diced
- > 1 cup cherry tomatoes, halved or quartered Roma tomatoes
- > ½ cup crumbled blue cheese
- > 8 slices cooked bacon, cut on chunks
- > ¼ cup chopped green onions (optional)
- > ½ cup Cobb salad dressing (store-bought or homemade)

method

1. Arrange chopped romaine lettuce in a large serving bowl or on individual plates.
2. Arrange cooked chicken breast, hard-boiled eggs, diced avocado, cherry tomatoes, crumbled blue cheese, bacon, and chopped green onions in rows on top of the lettuce.
3. Drizzle Cobb salad dressing over the salad.
4. Serve chilled.

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Serves 4



tip from the chef

Feel free to adjust the quantities based on your preferences. This salad is hearty enough to serve as a main course with a basket of crusty french bread!





caprese salad

■ □ □ | Preparation time: 10 minutes - Cooking time: 0 minutes

method

1. Arrange the sliced tomatoes and fresh mozzarella cheese alternately on a serving platter or individual plates, overlapping slightly.
2. Tuck fresh basil leaves around some of the tomato and mozzarella slices.
3. Drizzle extra virgin olive oil over the salad.
4. Drizzle balsamic glaze (or balsamic vinegar) over the top.
5. Season with salt and pepper to taste.
6. Serve chilled.

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Serves 4

ingredients

- > 4 medium ripe tomatoes, sliced
- > ½ pound fresh mozzarella cheese, sliced
- > ¼ cup fresh basil leaves
- > 2 tablespoons extra virgin olive oil
- > 2 tablespoons balsamic glaze (or balsamic vinegar)
- > Salt and pepper to taste

tip from the chef

Serve with warm french bread!



spinach salad

with strawberries

■ □ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

ingredients

- > 6 cups fresh spinach leaves, washed and dried
- > 2 cup sliced strawberries
- > ½ cup crumbled feta cheese
- > ¼ cup sliced almonds or walnuts
- > ¼ cup red onion, thinly sliced (optional)
- > 2 tablespoons balsamic vinegar
- > 2 tablespoons extra virgin olive oil
- > 1 teaspoon honey
- > Salt and pepper to taste

method

1. On a platter, arrange the fresh spinach leaves, sliced strawberries, crumbled feta cheese, almonds or walnuts, and thinly sliced red onion.
2. In a small bowl, whisk together balsamic vinegar, extra virgin olive oil, honey, salt, and pepper to make the dressing.
3. Drizzle the dressing over the salad.
4. Serve chilled.

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Serves 4



tip from the chef

This salad is perfect for a light lunch or as a refreshing side dish!





tuna salad

■ □ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. In a mixing bowl, combine drained tuna, mayonnaise, diced celery, diced red onion, chopped fresh parsley, capers and lemon juice.
2. Mix until all ingredients are well combined.
3. Season with salt and pepper to taste.
4. Serve the tuna salad cold on a bed of lettuce leaves, toasted bread points, or with crackers.

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Serves 2-4

ingredients

- > 2 cans (5 oz each) tuna, drained
- > ½ cup mayonnaise
- > ¼ cup diced celery
- > ¼ cup diced red onion
- > ¼ cup capers
- > 2 tablespoons chopped fresh parsley
- > 1 tablespoon lemon juice
- > Salt and pepper to taste
- > Lemon slices for garnish
- > Optional: Lettuce leaves, toasted bread points, or crackers for serving

tip from the chef

Try adding purple grapes to the salad for more flavor!



potato salad

■ ■ □ | Preparation time: 30 minutes - Cooking time: 10-15 minutes

ingredients

- > 2 pounds potatoes (such as Yukon Gold or red potatoes), peeled and cut into bite-sized chunks
- > ¾ cup mayonnaise
- > 2 tablespoons Dijon mustard
- > 2 tablespoons white vinegar
- > ½ cup chopped celery
- > ¼ cup chopped red onion
- > 2 hard-boiled eggs, chopped
- > ½ cup sliced radishes
- > Salt and pepper to taste
- > Optional: Chopped fresh dill or chopped chives for garnish

method

1. Place the potato chunks in a large pot and cover with water. Add a pinch of salt to the water.
2. Bring the water to a boil over medium-high heat, then reduce the heat to low and simmer for 10-15 minutes, or until the potatoes are fork-tender.
3. Drain the potatoes and let them cool slightly.
4. In a large mixing bowl, whisk together mayonnaise, Dijon mustard, and white vinegar until smooth.
5. Add the chopped celery, chopped red onion, and chopped hard-boiled eggs to the dressing mixture.
6. Once the potatoes have cooled slightly, add them to the bowl with the dressing and gently toss until everything is well combined and the potatoes are evenly coated.
7. Season with salt and pepper to taste, and top with the sliced radishes.
8. Optional: Garnish with chopped fresh dill or chives before serving.
9. Serve the potato salad chilled.

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Serves 4- 6

tip from the chef

What goes better than homemade potato salad when you're grilling bratwurst!





cilantro

lime coleslaw

■ ■ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. In a large mixing bowl, combine shredded cabbage, 2 tablespoons of the cilantro and shredded carrots.
2. In a separate small bowl, whisk together mayonnaise, apple cider vinegar, honey, Dijon mustard, 1 tablespoon of the chopped cilantro, salt, and pepper until smooth.
3. Pour the dressing over the cabbage and carrot mixture.
4. Toss until the vegetables are evenly coated with the dressing.
5. Taste and adjust seasoning, if necessary.
6. Garnish with chopped fresh parsley and lime wedges.
7. Serve chilled.

.....
Serves 4-6

ingredients

- > 4 cups shredded cabbage (green or purple, or a mix of both)
- > 1 cup shredded carrots
- > ½ cup mayonnaise
- > 2 tablespoons apple cider vinegar
- > 1 tablespoon honey
- > 1 teaspoon Dijon mustard
- > 3 tablespoons chopped fresh cilantro
- > 2 limes cut into wedges
- > Salt and pepper to taste
- > Chopped fresh parsley or green onions for garnish.

tip from the chef

This coleslaw is great served with tacos or blackened fish!



pasta salad

■ □ □ | Preparation time: 20 minutes - Cooking time: 5-7 minutes

ingredients

- > 8 ounces pasta (such as fusilli, rotini, or penne)
- > 1 cup cherry tomatoes, halved
- > ½ cup diced cucumber
- > ½ cup diced bell pepper (any color)
- > ¼ cup sliced black olives
- > ¼ cup chopped red onion
- > ¼ cup chopped fresh parsley
- > ½ cup Italian dressing
- > Salt and pepper to taste
- > Optional: Grated Parmesan cheese and basil leaves for garnish

method

1. Cook the pasta according to the package instructions until al dente. Drain and rinse under cold water to cool.
2. In a large mixing bowl, combine the cooked and cooled pasta, cherry tomatoes, diced cucumber, diced bell pepper, sliced black olives, chopped red onion, and chopped fresh parsley.
3. Pour Italian dressing over the pasta and vegetables.
4. Toss until everything is well coated with the dressing.
5. Season with salt and pepper to taste.
6. Optional: Garnish with grated Parmesan cheese before serving.
7. Serve chilled or at room temperature.

.....
Serves 2-4



tip from the chef

Serve with fresh baked garlic bread sticks!



chicken salad

■ ■ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. In a mixing bowl, combine diced or shredded cooked chicken breast, mayonnaise, Greek yogurt (or sour cream), diced celery, diced red onion, chopped fresh parsley, and lemon juice.
2. Mix until all ingredients are well combined.
3. Season with salt and pepper to taste.
4. Serve the chicken salad on a bed of lettuce leaves, in a sandwich, or with crackers.

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Serves 2-4

ingredients

- > 2 cups cooked chicken breast, diced or shredded
- > ½ cup mayonnaise
- > ¼ cup Greek yogurt (or sour cream)
- > ¼ cup diced celery
- > ¼ cup diced red onion
- > ¼ cup chopped fresh parsley (optional)
- > 1 tablespoon lemon juice
- > Salt and pepper to taste
- > Optional: Lettuce leaves, cherry tomatoes, bread, or crackers for serving

tip from the chef

Try serving on mini slider buns for a summer picnic!



fruit salad

■ □ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

ingredients

- > 2 cups strawberries, hulled and quartered
- > 1 cup blueberries
- > 1 cup grapes, halved (optional)
- > 2 kiwi fruits, peeled and sliced
- > 1 mango, peeled and diced
- > 1 orange, peeled, cut into section
- > 1 tablespoon honey (optional)
- > Juice of 1 lime or lemon
- > mint leaves for garnish

method

1. In a large mixing bowl, combine strawberries, blueberries, grapes, kiwi fruits, mango, and orange sections.
2. Squeeze the juice of one lime or lemon over the fruit to prevent browning and add a refreshing flavor.
3. If desired, drizzle honey over the fruit for added sweetness.
4. Gently toss the fruit until everything is evenly mixed.
5. Serve the fruit salad immediately or refrigerate until ready to serve.

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Serves 4-6



tip from the chef

Add Raspberries and Blackberries for extra color and taste!



quinoa salad

■ ■ □ | Preparation time: 20 minutes - Cooking time: 15 minutes

method

1. In a medium saucepan, bring 2 cups of water or vegetable broth to a boil.
2. Add the rinsed quinoa to the boiling water/broth, reduce heat to low, cover, and simmer for 15 minutes, or until all the liquid is absorbed and the quinoa is cooked.
3. Remove the cooked quinoa from heat and let it cool slightly.
4. In a large mixing bowl, combine the cooked quinoa, cherry tomatoes, cucumber, bell pepper, red onion, fresh parsley, and crumbled feta cheese.
5. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper to make the dressing.
6. Pour the dressing over the quinoa salad and toss until everything is well-coated.
7. Optional: Sprinkle toasted pine nuts or almonds over the salad for added crunch.
8. Serve the quinoa salad immediately or refrigerate until ready to serve.

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 Serves: 2-4

ingredients

- > 1 cup quinoa, rinsed
- > 2 cups water or vegetable broth
- > 1 cup cherry tomatoes, halved
- > 1 cucumber, diced
- > 1 bell pepper (any color), diced
- > ¼ cup red onion, finely chopped
- > ¼ cup fresh parsley, chopped
- > ¼ cup feta cheese, crumbled
- > 2 tablespoons olive oil
- > 2 tablespoons lemon juice
- > Salt and pepper to taste
- > Optional: ¼ cup toasted pine nuts or almonds

tip from the chef

Enjoy your nutritious vegetarian Quinoa Salad!



apple and cranberry salad

■ ■ □ | Preparation time: 20 minutes - Cooking time: 0 minutes

ingredients

- > 2 cups cooked chicken breast, diced or shredded
- > 1 cup chopped apples (such as Granny Smith or Fuji)
- > 1 cup chopped celery
- > ½ cup chopped walnuts or pecans
- > ½ cup dried cranberries
- > ½ cup mayonnaise
- > ¼ cup Greek yogurt (or sour cream)
- > 2 tablespoons lemon juice
- > 1 tablespoon honey
- > Salt and pepper to taste
- > Optional: Fresh parsley for garnish

method

1. In a large mixing bowl, combine the chicken, apples, celery, walnuts, and dried cranberries.
2. In a separate small bowl, whisk together mayonnaise, Greek yogurt (or sour cream), lemon juice, honey, salt, and pepper until smooth.
3. Pour the dressing over the chicken and other ingredients in the bowl.
4. Gently toss until everything is well coated with the dressing.
5. Optional: Garnish with chopped fresh parsley before serving.

.....
Serves 2-4



tip from the chef

This recipe can be served as a side salad, on crackers, or as a sandwich!



southwest salad

■ ■ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. In a large salad bowl, combine chopped romaine lettuce, black beans, corn kernels, diced tomatoes, diced avocado, shredded cheddar cheese, diced red onion, chopped fresh cilantro, sliced black olives, and crushed tortilla chips.
2. In a small bowl, whisk together ranch dressing and salsa to make the dressing.
3. Pour the dressing over the salad and toss gently until everything is evenly coated.
4. Optional: Garnish with lime wedges for an extra burst of flavor.
5. Serve the Southwest Salad cold.

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Serves 4

ingredients

- > 6 cups chopped romaine lettuce
- > 1 cup canned black beans, drained and rinsed
- > 1 cup corn kernels (fresh, canned, or frozen)
- > 1 cup diced tomatoes
- > 1 avocado, diced
- > ½ cup shredded cheddar cheese (optional)
- > ¼ cup diced red onion
- > ¼ cup chopped fresh cilantro
- > ¼ cup sliced black olives (optional)
- > ¼ cup crushed tortilla chips (optional)
- > ¼ cup ranch dressing
- > ¼ cup salsa
- > Optional: Lime wedges for garnish

tip from the chef

Serve with chips and salsa or crusty bread slices!



antipasto

salad with salami

■ □ □ | Preparation time: 20 minutes - Cooking time: 10 minutes

ingredients

- > 1 16 oz box of spiral noodles (cooked Al Dente)
- > 1 cup cherry tomatoes, halved
- > 1 cup mozzarella balls (bocconcini), halved or cubed Mozzarella cheese
- > ½ cup sliced pepperoni
- > ½ cup sliced salami
- > ½ cup sliced black olives
- > ¼ cup marinated artichoke hearts, drained and chopped
- > ¼ cup roasted red peppers, sliced
- > ¼ cup sliced pepperoncini peppers (optional)
- > ¼ cup thinly sliced red onion
- > ¼ cup chopped fresh basil (extra whole basil leaves for garnish)
- > 2 tablespoons balsamic vinegar
- > 2 tablespoons extra virgin olive oil
- > Salt and pepper to taste

method

1. In a large salad bowl, combine the cooked pasta, cherry tomatoes, mozzarella balls, sliced pepperoni, sliced salami, sliced black olives, chopped marinated artichoke hearts, sliced roasted red peppers, thinly sliced red onion, and chopped fresh basil.
2. In a small bowl, whisk together balsamic vinegar, extra virgin olive oil, salt, and pepper to make the dressing.
3. Pour the dressing over the salad and toss gently until everything is evenly coated.
4. Chill the salad before serving.

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Serves 4

tip from the chef

This salad is perfect as a starter or as a light meal. Adjust the quantities based on your preferences and the number of servings needed.



kale salad

■ □ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. In a large mixing bowl, combine sliced kale leaves, extra virgin olive oil, lemon juice, Dijon mustard, honey or maple syrup, salt, and pepper.
2. Use your hands to massage the kale leaves for a few minutes until they become tender and slightly wilted.
3. Add grated Parmesan cheese, if using, dried cranberries, and toasted sliced almonds to the bowl.
4. Toss gently until everything is well combined.
5. Serve the Kale Salad cold.

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Serves 2-4

ingredients

- > 1 bunch kale (about 8 ounces), stems removed and leaves sliced
- > ¼ cup extra virgin olive oil
- > 2 tablespoons lemon juice
- > 1 teaspoon Dijon mustard
- > 1 teaspoon honey or maple syrup
- > Salt and pepper to taste
- > ¼ cup grated Parmesan cheese (optional)
- > ¼ cup dried cranberries
- > ¼ cup sliced almonds, toasted

tip from the chef

This Kale Salad is great to serve with grilled salmon!



beet salad

with goat cheese

■ ■ □ | Preparation time: 20 minutes - Cooking time: Will vary depending on how the beets are cooked

ingredients

- > 4 medium beets, cooked, peeled, and cut into chunks
- > 2 tablespoons extra virgin olive oil
- > 1 tablespoon balsamic vinegar
- > 1 teaspoon honey or maple syrup
- > Salt and pepper to taste
- > ¼ cup crumbled goat cheese
- > 2 tablespoons chopped fresh parsley or dill (optional)

method

1. Cook the beets by either boiling, roasting, or steaming until tender. Let them cool, then peel and cut into chunks.
2. In a small bowl, whisk together extra virgin olive oil, balsamic vinegar, honey or maple syrup, salt, and pepper to make the dressing.
3. Arrange the beets on a serving platter or individual plates.
4. Drizzle the dressing over the beets.
5. Sprinkle crumbled goat cheese on top.
6. Optional: Garnish with chopped fresh parsley or dill for added flavor and freshness.
7. Serve the Beet Salad immediately or refrigerate until ready to serve.

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Serves 4



tip from the chef

Garnish with chopped walnuts for a little extra flavor!



nicoise salad

■ ■ ■ | Preparation time: 30 minutes - Cooking time: 15-20 minutes



method

1. Bring a pot of salted water to a boil. Add the green beans and cook until crisp-tender, about 3-4 minutes. Drain and immediately plunge them into ice water to stop the cooking process. Drain again and set aside.
2. Place the eggs in a saucepan and cover with cold water. Bring to a boil over medium heat. Once boiling, reduce the heat to low and simmer for 8-10 minutes. Transfer the eggs to a bowl of ice water to cool. Once cooled, peel and cut in half.
3. Arrange the torn lettuce leaves on a large serving platter or individual plates.
4. Arrange the cooked green beans, tomatoes, black olives, capers, tuna, and eggs on top of the lettuce.
5. If using anchovy fillets, lay them over the salad.
6. In a small bowl, whisk together the extra virgin olive oil, red wine vinegar, Dijon mustard, salt, and pepper to make the dressing.
7. Drizzle the dressing over the salad.
8. Garnish with fresh basil or parsley leaves.

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Serves 2-4

ingredients

- > 8 ounces (225g) green beans, trimmed
- > 4 large eggs
- > 1 head of lettuce (such as Boston or Bibb), washed and torn into bite-sized pieces
- > 1 cup cherry tomatoes, cut in half
- > ½ cup (100g) black olives, preferably Niçoise olives
- > ¼ cup (50g) capers, drained
- > 1 can (5-6 ounces) tuna, drained and flaked
- > 4 anchovy fillets (optional)
- > ¼ cup (60ml) extra virgin olive oil
- > 2 tablespoons red wine vinegar
- > 1 teaspoon Dijon mustard
- > Salt and pepper to taste
- > Fresh basil or parsley leaves for garnish

tip from the chef

Serve the Niçoise Salad cold, accompanied by crusty bread if desired.



asian salad

■ □ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

ingredients

- > 6 cups mixed salad greens (such as lettuce, spinach, and arugula)
- > 1 cup shredded cabbage
- > 1 cup shredded carrots
- > 1 cup sliced cucumber
- > ½ cup chopped red bell pepper
- > ¼ cup chopped green onions
- > ¼ cup chopped cilantro
- > ¼ cup chopped peanuts or cashews (optional)
- > ¼ cup crispy chow mein noodles (optional)
- > ¼ cup sesame seeds (optional)

For the Dressing:

- > ¼ cup soy sauce
- > 2 tablespoons rice vinegar
- > 2 tablespoons sesame oil
- > 1 tablespoon honey or maple syrup
- > 1 tablespoon freshly grated ginger
- > 1 clove garlic, minced
- > Salt and pepper to taste

method

1. In a large salad bowl, combine mixed salad greens, shredded cabbage, shredded carrots, sliced cucumber, chopped red bell pepper, chopped green onions, and chopped cilantro.
2. In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, honey or maple syrup, freshly grated ginger, minced garlic, salt, and pepper to make the dressing.
3. Pour the dressing over the salad and toss gently until everything is evenly coated.
4. Optional: Sprinkle chopped peanuts or cashews, crispy chow mein noodles, and sesame seeds over the salad for added crunch and flavor.

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Serves 4

tip from the chef

Serve with a Thai Peanut Dressing on the side!





watermelon

salad

■ □ □ | Preparation time: 10 minutes - Cooking time: 0 minutes

method

1. In a large mixing bowl, combine cubed watermelon, crumbled feta cheese and mixed spring greens.
2. Drizzle extra virgin olive oil and balsamic vinegar over the salad.
3. Gently toss until everything is well combined.
4. Season with salt and pepper to taste.
5. Serve the Watermelon Salad immediately and enjoy!

ingredients

- > 4 cups cubed watermelon
- > 1 cup crumbled feta cheese
- > 2 cups mixed spring greens
- > 2 tablespoons extra virgin olive oil
- > 1 tablespoon balsamic vinegar
- > Salt and pepper to taste

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Serves 4

tip from the chef

This salad is perfect for a summer gathering or a light lunch. Adjust the quantities based on your preferences and the number of servings needed.



tabouli

salad

■ ■ □ | Preparation time: 30 minutes - Cooking time: 0 minutes

ingredients

- > 1 cup bulgur wheat
- > 1 ½ cups boiling water
- > 2 cups finely chopped parsley
- > ½ cup finely chopped fresh mint leaves
- > ½ cup diced tomatoes
- > ¼ cup finely chopped red onion
- > ¼ cup chopped green onions
- > ¼ cup extra virgin olive oil
- > ¼ cup fresh lemon juice
- > Salt and pepper to taste

method

1. Place the bulgur wheat in a heatproof bowl and pour the boiling water over it. Cover the bowl and let it sit for about 20-25 minutes, or until the bulgur is tender and has absorbed all the water.
2. Fluff the cooked bulgur with a fork and let it cool to room temperature.
3. In a large mixing bowl, combine the cooled bulgur, finely chopped parsley, finely chopped mint leaves, diced tomatoes, finely chopped red onion, and chopped green onions.
4. In a small bowl, whisk together the extra virgin olive oil and fresh lemon juice.
5. Pour the dressing over the salad and toss until everything is well combined.
6. Season with salt and pepper to taste.
7. Refrigerate the Tabouli Salad for at least 30 minutes before serving to allow the flavors to meld.
8. Serve chilled or at room temperature.

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Serves 4-6



tip from the chef

Serve with Hummus and charred pita bread!



broccoli salad

with cranberries

■ ■ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. In a large mixing bowl, combine broccoli florets, chopped red onion, raisins or dried cranberries, and sunflower seeds or chopped almonds.
2. In a small bowl, whisk together mayonnaise, apple cider vinegar, honey or maple syrup, salt, and pepper to make the dressing.
3. Pour the dressing over the broccoli salad and toss until everything is well coated.
4. Refrigerate the Broccoli Salad for at least 30 minutes before serving to allow the flavors to meld.
5. Serve chilled.

ingredients

- > 4 cups broccoli florets
- > ½ cup chopped red onion
- > ½ cup raisins or dried or fresh cranberries
- > ¼ cup sunflower seeds or chopped almonds
- > ½ cup mayonnaise
- > 2 tablespoons apple cider vinegar
- > 1 tablespoon honey or maple syrup
- > Salt and pepper to taste

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Serves 4-6

tip from the chef

Try sprinkling some crumbled cooked bacon and feta cheese over the the salad before serving!



mexican

street corn salad

■ ■ □ | Preparation time: 15 minutes - Cooking time: 15 - 20 Minutes if grilling or boiling fresh corn

ingredients

- > 4 cups corn kernels (fresh, canned, or frozen)
- > ¼ cup mayonnaise
- > ¼ cup sour cream or Greek yogurt
- > ¼ cup finely chopped cilantro
- > ½ cup crumbled cotija cheese (or feta cheese)
- > 1 teaspoon chili powder
- > 1 clove garlic, minced
- > 1 tablespoon lime juice
- > Salt and pepper to taste
- > Optional: Chopped green onions or jalapeños for extra flavor and heat
- > Optional: Lime wedges for serving

method

1. If using fresh corn, grill or boil the corn until cooked and slightly charred. If using canned or frozen corn, drain and rinse.
2. In a large mixing bowl, combine the cooked corn kernels, mayonnaise, sour cream or Greek yogurt, finely chopped cilantro, crumbled cotija cheese, chili powder, minced garlic, and lime juice.
3. Mix until everything is well combined.
4. Season with salt and pepper to taste.
5. Optional: Add chopped green onions or jalapeños for extra flavor and heat.
6. Serve the Mexican Street Corn Salad immediately, garnished with lime wedges if desired.

.....
Serves 4-6



tip from the chef

Serve this Mexican Street Corn Recipe as a side with your favorite tacos!



mediterranean

salad

■ ■ ■ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. In a large salad bowl, combine mixed salad greens, tomatoes, cucumber, Kalamata olives, feta cheese, sliced red peppers, sliced red onion, and chopped fresh parsley.
2. In a small bowl, whisk together extra virgin olive oil, red wine vinegar, dried oregano, salt, and pepper to make the dressing.
3. Pour the dressing over the salad and toss gently until everything is well coated.
4. Optional: Add sliced grilled chicken or shrimp for added protein.
5. Serve the Mediterranean Salad immediately and enjoy!

.....
Serves 4

ingredients

- > 6 cups mixed salad greens (such as lettuce, spinach, and arugula)
- > 1 cup mixed tomatoes, Roma and cherry tomatoes, cut into quarters and halves
- > 1 cucumber, sliced
- > ½ cup Kalamata olives, pitted
- > ¼ cup cubed feta cheese
- > ¼ cup sliced red peppers
- > ¼ cup sliced red onion (optional)
- > ¼ cup chopped fresh parsley
- > 2 tablespoons extra virgin olive oil
- > 1 tablespoon red wine vinegar
- > 1 teaspoon dried oregano
- > Salt and pepper to taste
- > Optional: Sliced grilled chicken or shrimp for added protein

tip from the chef

Add sliced grilled chicken or shrimp to make it a dinner!



lentil salad

with cucumbers

■ ■ □ | Preparation time: 10 minutes - Cooking time: 20-25 minutes

ingredients

- > 1 cup dried lentils
- > 2 cups water or vegetable broth
- > ½ cup finely diced red onion
- > ½ cup diced cucumber
- > ½ cup diced bell pepper (any color)
- > ¼ cup chopped fresh parsley
- > 2 tablespoons extra virgin olive oil
- > 2 tablespoons red wine vinegar or balsamic vinegar
- > 1 teaspoon Dijon mustard
- > Salt and pepper to taste

method

1. Rinse the lentils under cold water and drain.
2. In a medium saucepan, combine the rinsed lentils and water or vegetable broth. Bring to a boil over medium-high heat, then reduce the heat to low and simmer for about 20-25 minutes, or until the lentils are tender but not mushy. Drain any excess liquid and let the lentils cool.
3. In a large mixing bowl, combine the cooked lentils, red onion, diced cucumber, diced bell pepper, and chopped fresh parsley.
4. In a small bowl, whisk together the extra virgin olive oil, red wine vinegar or balsamic vinegar, Dijon mustard, salt, and pepper to make the dressing.
5. Pour the dressing over the lentil salad and toss gently until everything is well coated.
6. Taste and adjust seasoning if necessary.
7. Serve the Lentil Salad immediately, or refrigerate until ready to serve.

.....
Serves 4-6

tip from the chef

Garnish with Coriander leaves and lemon slices!





waldorf

chicken salad

■ ■ ■ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. In a large mixing bowl, combine diced or shredded cooked chicken breast, chopped celery, halved red grapes, walnuts, and apples.
2. In a small bowl, whisk together mayonnaise, Greek yogurt or sour cream, lemon juice, salt, and pepper to make the dressing.
3. Pour the dressing over the chicken salad mixture and toss until everything is well coated.
4. Taste and adjust seasoning if necessary.
5. Serve the Waldorf Chicken Salad on a bed of lettuce leaves or in sandwiches with croissants.

ingredients

- > 2 cups cooked chicken breast, diced or shredded
- > ½ cup chopped celery
- > ½ cup halved red grapes
- > ¼ cup finely chopped walnuts
- > ¼ cup finely chopped apple (such as Granny Smith)
- > ¼ cup mayonnaise
- > 2 tablespoons Greek yogurt or sour cream
- > 1 tablespoon lemon juice
- > Salt and pepper to taste
- > Lettuce leaves or croissants for serving

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Serves 2-4

tip from the chef

Enjoy your Waldorf Chicken Salad Croissants with watermelon salad on the side!



thai salad

■ ■ □ | Preparation time: 15 minutes - Cooking time: 0 minutes

ingredients

- > 6 cups mixed salad greens (such as lettuce, spinach, and arugula)
- > 1 cucumber, finely diced
- > 1 carrot, shredded
- > 1 bell pepper (any color), thinly sliced
- > ½ cup chopped fresh cilantro
- > ¼ cup chopped fresh mint leaves
- > ¼ cup chopped peanuts or cashews
- > ¼ cup crispy fried shallots (optional)
- > ¼ cup chopped green onions
- > ¼ cup Thai basil leaves (optional)

For the Dressing:

- > 3 tablespoons lime juice
- > 2 tablespoons fish sauce
- > 1 tablespoon soy sauce
- > 1 tablespoon honey or brown sugar
- > 1 tablespoon sesame oil
- > 1 clove garlic, minced
- > 1 teaspoon grated ginger
- > 1 red chili, thinly sliced (optional)



method

1. In a large salad bowl, combine mixed salad greens, cucumber, carrot, thinly sliced bell pepper, chopped fresh cilantro, chopped fresh mint leaves, chopped peanuts or cashews, crispy fried shallots (if using), chopped green onions, and Thai basil leaves (if using).
2. In a small bowl, whisk together lime juice, fish sauce, soy sauce, honey or brown sugar, sesame oil, minced garlic, grated ginger, and sliced red chili (if using) to make the dressing.
3. Pour the dressing over the Thai salad and toss gently until everything is well coated.
4. Serve the Thai Salad cold.

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Serves 2

tip from the chef

Try adding some fresh bean sprouts or prepared thin rice noodles!



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