

It's a Salad Thing!

Written by Debbi Covington

Wednesday, 04 June 2014 06:09 - Last Updated Wednesday, 04 June 2014 07:13



I love salads! I honestly believe that you can put almost any fruit or vegetable on a bed of lettuces and make a fabulous salad. The five salads this week have no measurements, just a list of ingredients. Mix and match the salad toppings, cheeses and nuts to your taste and top with one of these delicious vinaigrettes. Simple, beautiful and delicious!

Mixed Berry Salad with Raspberry Vinaigrette (above)

For the vinaigrette:

5 tablespoons seedless red raspberry jam

¼ cup red wine vinegar

1 clove garlic, minced

½ teaspoon salt

¼ teaspoon pepper

1/3 cup vegetable oil

For the salad:

Baby romaine salad greens

Fresh blueberries

Fresh raspberries

Fresh blackberries

Chopped walnuts, toasted

Place jam, vinegar, garlic, salt and pepper in a blender. Pulse until blended. With blender running, pour vegetable oil through lid in a slow, steady stream; process until smooth. Place salad greens in a large bowl; toss with vinaigrette. Top with blueberries, raspberries and

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blackberries. Sprinkle with chopped walnuts. Refrigerate any unused vinaigrette.

Southwestern Chicken Salad



Green-leaf lettuce, torn
Canned pinto beans, rinsed and drained
Shredded deli chicken
Grape tomatoes, halved
Sliced pickled jalapeños
Fresh cilantro leaves
Fresh salsa

Bottled taco sauce or ranch dressing

Place lettuce on a large platter. Top with pinto beans, chicken, tomatoes, jalapeños, cilantro leaves and fresh salsa. Serve with bottled taco sauce or ranch dressing.

Mesclun Salad with Beef Tenderloin and Balsamic Reduction

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~~Food Network's #5 Salads list, which was compiled by a panel of judges from the show's audience. The list was compiled by a panel of judges from the show's audience. The list was compiled by a panel of judges from the show's audience.~~