

Beet Salad with Blue Cheese and Almonds

Serves 6

6 medium beets (2 cups when cooked and cut in bite size pieces)

1 teaspoon olive oil

2 cups chopped beet greens

½ cup roughly chopped sweet onions

½ cup Golden Glen feta cheese (½ cup crumbled)

¼ cup slivered almonds, toasted

Dressing

2 tablespoon olive oil

2 tablespoons wine vinegar

¼ teaspoon dried thyme

¼ teaspoon freshly ground black pepper

¼ teaspoon salt

1. Wash the beets and boil 30 to 45 minutes or until soft. Heat the oil in a skillet on medium high and sauté the greens 3 or 4 minutes or until tender. Set aside.
 2. Cool the beets in cold water and peel. You should have about 2 cups. Cut into bite size pieces. Combine the beets, greens, blue cheese and almonds in a large bowl.
 3. Whisk the oil, vinegar, thyme, salt, and pepper together and pour over the beets. Toss until well mixed and serve at room temperature.
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Asian Style Green Salad

Serves 8

Dressing

1 tablespoon toasted sesame oil

1 clove garlic, crushed whole

3 quarter size slices fresh ginger

2 tablespoons low sodium chicken broth

3 tablespoons rice vinegar

1 tablespoon reduced sodium soy sauce

1 tablespoon sugar or Splenda

¼ teaspoon salt

1 teaspoon cornstarch

Salad

6 cups torn butter lettuce leaves or mixed salad greens

2 cups napa cabbage

1 cup thinly sliced cucumber, cut on the diagonal

1 cup fresh spearmint leaves, torn
½ cup cilantro leaves (optional)
4 green onions cut on the diagonal in ½ “ pieces
½ cup dry roasted peanuts

1. Heat the oil on medium heat. Toss in the garlic and ginger and cook 1 minute. Remove the garlic and ginger and discard.
 2. Stir the chicken broth, rice vinegar, soy sauce, Splenda, salt and cornstarch together in a small bowl. Stir into the sesame oil and heat until it thickens slightly. Chill.
 3. Combine the greens, watercress, cucumber, mint, cilantro if you are using it, and green onions in a salad bowl. Pour over the dressing and toss until well coated. Garnish with the peanuts.
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Garden Chop Salad

Serves 6

Dressing

½ cup extra virgin olive oil
2 tablespoons Dijon mustard
2 tablespoons wine vinegar
½ teaspoon salt
½ teaspoon freshly ground black pepper
1 clove garlic, finely chopped

Salad

1 can reduced sodium kidney beans, rinsed and drained
1 cup chopped raw cauliflower
1 cup chopped raw broccoli
1 cup sliced raw sugar snap peas
½ cup chopped raw carrots
½ cup chopped sweet onions
½ cup coarsely chopped roasted almonds
1 tablespoon capers (optional)

Place all the dressing ingredients in a bowl and whisk until thoroughly mixed and thick. (The mustard will emulsify the oil and vinegar holding it together.)

Combine the vegetables, nuts, and capers, if you are using them, in a large bowl. Toss with the dressing and let sit for at least 30 minutes to marry the flavors. The salad will stay crunchy for several days.