

Salads

Salad Nicoise*	2
Tabouli Salad*	3
Spinach and Egg Salad*	4
Macaroni Salad	5
Pasta Salad	6
Waldorf Salad	7
Vermicelli Salad	8
Beet, Bean, and Barley Salad	9
Russian Salad	10
Greek Salad*	11
Bean and Olive Salad	12
Spaghetti Squash Salad*	13

Salad Nicoise

1 lb of string beans
1 lb of new potatoes
3 tomatoes
1 T capers
1 c kalamata or nicoese olives
1 can of anchovies or 1/2 tube of anchovy paste
olive oil and red wine vinegar
salt and pepper (careful, the anchovies are salty)

Cut the string beans into 2 inch lengths and cook them until they are tender but not overcooked. Peel the potatoes, quarter and slice them, and cook (but don't overcook) them. Cut up the tomatoes. Soak the anchovies in water for a few minutes to remove some of their salt, drain them, and chop them into small bits. Cool everything, put it into a salad bowl, mix it, and add olive oil, vinegar, pepper, and probably no salt (the anchovies are salty).

Tabouli Salad

1 c of bulgur wheat

2 c of boiling water

1/4 c of olive oil

1/3 c of lemon juice and/or wine vinegar

1 t of salt

1/4 t pepper

1 c of chopped parsley

1/4 c of chopped fresh mint

4 scallions, sliced

1 small can of black or green olives

2 tomatoes, sliced

1 stalk of celery, sliced

1/2 cucumber, peeled and sliced

1 c of diced cheese and or meat such as ham or cooked chicken

Put the bulgur wheat into boiling water, turn off gas, and leave covered for one hour. Put it into a salad bowl, add all the other ingredients, mix, and chill for 1 hour.

Spinach and Egg Salad

2 hard-boiled eggs
1 small clove of garlic
1/4 t of dry mustard
1/4 t of pepper
1/2 t of paprika
3/4 t of salt
1/4 c of wine vinegar
1/3 c of olive oil
2 T of chopped parsley
a small onion, chopped
3/4 lb of spinach, roughly cut up

Grind the egg yolks, garlic, mustard, pepper, paprika, salt, vinegar, and olive oil together to make a thin paste. Chop the egg whites, the parsley, and the onion. Mix everything in a large bowl.

Macaroni Salad

2 c of dry small pasta

2 c of broccoli florets

1 c of ham in small cubes

1/4 c of onion, finely chopped

1/4 c of chopped parsley

1/2 t of salt

1/4 t of pepper

1/4 c of mayonnaise

1/4 c of nonfat yogurt

4 hard-boiled eggs, chopped

Cook the pasta and rinse it with cold water. Cook (but don't overcook) the broccoli.

Mix everything together and refrigerate.

Pasta Salad

2 c of small pasta, tubes or elbows, cooked al dente

1 red bell pepper, sliced finely

1 c of broccoli florets, uncooked or cooked in boiling water for one minute

1/4 lb of salami, cut into small pieces

1 c of pickled artichoke hearts

1 can of green olives

2 T of capers

2 zucchini, cubed and cooked in boiling water for one minute

olive oil and vinegar

salt and pepper

Just mix everything together in a large bowl and chill.

Waldorf Salad

2 apples, peeled and sliced

1/2 c of walnuts

2 stalks of celery, sliced

3 T of mayonnaise

3 T of yogurt

1 T of honey (optional)

Mix everything well and serve.

Vermicelli Salad

Group 1

1/2 lb of vermicelli or other thin spaghetti

Group 2

1/4 c of light oil

3 T of sesame oil

1/2 t of red pepper flakes

3 T of honey

2 T of soy sauce

Group 3

1/2 c of coarsely chopped cilantro

1/4 c of chopped roasted peanuts

1/4 c of thinly sliced scallions

1/4 c of chopped red bell pepper

1 T of toasted sesame seeds

Cook and drain the pasta. In a deep frying pan, heat the second group of ingredients well. When the pasta is done, add it to the pan. Mix in the third group, and sprinkle on the sesame seeds. Let the dish cool before serving.

Beet, Bean, and Barley Salad

Salad Mix

1 c of barley, cooked with 2 1/2 c of water
1/2 c of walnuts, roughly chopped
1 small can of white beans, rinsed
1/2 c of golden raisins
2 T of fresh thyme, chopped
2 T of chopped parsley
2 c of mixed salad leaves, slightly chopped
salt and pepper to taste

Dressing

1/2 c of walnuts, ground
2 cloves of garlic, ground
1 1/2 c of cooked beets, rinsed
1 c of Greek yogurt
3/4 t of salt

Get the water boiling for the barley, add the barley, and simmer the mix slowly until all, or almost all, of the water is absorbed. Let the barley cool for awhile and then put everything for the salad mix into a large bowl. In the food processor, grind the walnuts, take them out and grind the garlic, and then add all the dressing ingredients (including the ground walnuts) and process until the dressing is uniform.

Russian Salad

3 medium new potatoes, boiled, skinned, and cubed

1/4 lb mortadella, cubed

1/2 lb green beans, cooked and diced

1 c frozen peas, thawed and slightly cooked

1 c cooked beets, cubed

1 carrot, cooked and diced

1/2 dill pickle, cubed

2 T capers, rinsed

1/2 c black olives, halved

3 hard-boiled eggs

1 1/2 c mayonnaise

1 c nonfat yogurt

parsley for garnish

Mix everything in the first group. finely chop 2 of the eggs and mix with the mayonnaise and yogurt. Mix the dressing with the salad and form into a nice shape, Garnish with sliced hard-boiled egg and parsley.

Greek Salad

a small head of romaine lettuce, cut into half inch slices

1/2 an onion, finely sliced

1/2 a green pepper, finely sliced

1/2 of an English cucumber, sliced

an avacado, cut into small pieces

2 T of capers

3 tomatoes, cut into sections

feta cheese

kalamata olives

2 T of lemon juice

2 T of red wine vinegar

6 T of olive oil

salt and pepper

a sprinkling of fresh marjoram

Arrange ingredients in a salad bowl in the order given above. Sprinkle on the salad dressing and serve.

Bean and Olive Salad

1 1/2 c of canellini beans, soaked overnight

1 can of ripe green olives

1/2 c of kalamata olives, chopped into bits

1/2 c of chopped onion

1 T of capers

salt and pepper

red wine vinegar and olive oil dressing

Cook the beans in plenty of water for about 45 minutes or until cooked but not mushy. Put everything together and cool in the refrigerator.

Spaghetti Squash Salad

1 spaghetti squash

1/2 red bell pepper, sliced

1 carrot, sliced thinly

1 stalk of celery, sliced thinly

1/2 English cucumber, in 1/2 inch cubes

2/3 c of kalamata or nicoise olives

4 or 5 scallions, sliced

1 avocado, in 1/2 inch cubes

1/2 c chopped parsley

salt and pepper

olive oil and wine vinegar dressing

Split the spaghetti squash lengthwise in half and clean out the pits. Bake it, cut side down, on oiled aluminum foil, at 375° for 40 minutes. With a fork, empty the pulp into a large bowl and let it cool in the refrigerator. Mix everything together and serve.