

End of Summer Salads 08-14-2004

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Basic Croutons

Servings: 6

1 cup French baguette slices, cubed

1/4 cup olive oil

1 teaspoon parsley, chopped

1. Combine all ingredients in a large mixing bowl. Ensure all pieces are well-coated.

2. Bake at 300 for 20-30 minutes, tossing every 10 minutes to make sure all pieces are exposed to the heat.

Per Serving (excluding unknown items): 188 Calories; 10g Fat (48.9% calories from fat); 3g Protein; 20g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 240mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 2 Fat.

Tablesides Caesar Salad

Servings: 4

1 clove garlic, peeled

Step One:

1 clove garlic, peeled

pinch kosher salt

1 anchovy fillet, crushed

Step Two:

1 tablespoon mayonnaise

1 1/2 teaspoons dijon mustard

1/2 teaspoon Worcestershire sauce

2 tablespoons white wine vinegar

Step Three:

1/3 cup olive oil

Step Four:

1/2 head romaine lettuce, torn

1/2 cup parmesan cheese, grated

1 tablespoon lemon juice

black pepper, cracked

1 cup croutons

In a wooden bowl, sprinkle the garlic with a little bit of kosher salt and mash with a fork. Add the anchovy fillet and mash until well-blended.

Add mayonnaise, mustard, worchestershire and vinegar. Mix with fork until well blended.

Slowly drizzle in oil while mixing briskly with the fork.

Add lettuce, cheese, croutons, lemon juice and pepper to the bowl (on top of the vinaigrette). Using salad utensils or two forks, toss the ingredients in the bowl together.

Serve immediately.

Per Serving (excluding unknown items): 281 Calories; 25g Fat (77.1% calories from fat); 7g Protein; 9g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 332mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Cucumber Salad

Servings: 4

1 small roma tomato, cut in 1/2" pieces

2 each cucumber, cut in 1/4" slices

1 red onion, sliced 1/4" thick

1/4 cup rice wine vinegar

1 1/2 teaspoons canola oil

1 teaspoon sugar

Combine oil, sugar and vinegar together.

Pour over cucumber, onion and tomato. Toss until coated.

Drain excess dressing and serve chilled.

Per Serving (excluding unknown items): 62 Calories; 2g Fat (26.7% calories from fat); 2g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Pear and Stilton Salad

Servings: 4

4 cups spring greens

2 each fresh pears, sliced 1/4" thick
1/2 cup stilton cheese, crumbled
1/2 cup walnuts, coarsely chopped, toasted

Balsamic Vinaigrette

Place greens on plate.

Slice pears and place in acidulated water. (Pat dry and grill, if desired)

Crumble stilton cheese over greens.

Place pears over greens.

Sprinkle toasted walnuts over salad.

Serve with Balsamic Vinaigrette to the side.

Per Serving (excluding unknown items): 408 Calories; 36g Fat (76.1% calories from fat); 4g Protein; 21g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 7 Fat; 1/2 Other Carbohydrates.

Balsamic Vinaigrette

Servings: 8

1/4 cup fresh cilantro leaves, washed and patted dry

1/4 cup balsamic vinegar

1 ounce honey

1 teaspoon mustard

1/2 cup olive oil

salt and pepper, to taste

Puree cilantro, balsamic vinegar, honey and mustard in a food processor.

With the machine still running, slowly drizzle in olive oil and allow mixture to emulsify.

Per Serving (excluding unknown items): 132 Calories; 14g Fat (89.6% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Red Cabbage and Apple Slaw

Servings: 4

1/3 cup orange juice

1/4 cup sour cream, light

1 tablespoon malt vinegar

1/2 teaspoon caraway seeds

1/4 teaspoon kosher salt

1/4 teaspoon cracked black pepper

4 cups red cabbage, thinly sliced

2 small granny Smith apple, thinly sliced

2 tablespoons walnuts

Combine first set of ingredients. Set aside.

Combine second set of ingredients.

Combine both sets of ingredients and toss.

Per Serving (excluding unknown items): 94 Calories; 3g Fat (24.7% calories from fat); 3g Protein; 17g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 133mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Summer Chicken Salad

Servings: 6

1 whole chicken, light meat, cooked and pulled

1 medium orange, peeled and sectioned

1/4 cup light mayonnaise

1/2 cup sour cream, light

salt and pepper, to taste

Pick cooked chicken from the bone, ensuring there are no bones in the chicken that has been pulled.

In a medium-size bowl, combine sour cream, mayonnaise, tarragon, shallot and garlic. Whisk together well.

Taste and adjust seasoning with salt and pepper.

Add chicken and grapes. Serve over salad greens.

Per Serving (excluding unknown items): 110 Calories; 7g Fat (52.6% calories from fat); 8g Protein; 5g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 79mg Sodium. Exchanges: 1 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Balsamic Vinaigrette

Servings: 8

1/4 cup fresh cilantro leaves, washed and patted dry

1/4 cup balsamic vinegar

1 ounce honey

1 teaspoon mustard

1/2 cup olive oil

salt and pepper, to taste

Puree cilantro, balsamic vinegar, honey and mustard in a food processor.

With the machine still running, slowly drizzle in olive oil and allow mixture to emulsify.

Per Serving (excluding unknown items): 132 Calories; 14g Fat (89.6% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Carrot-Ginger Dressing

Servings: 16

1/2 pound carrot, chopped

1/4 cup water

1/4 cup rice vinegar

3 tablespoons fresh ginger, minced peeled

1 tablespoon soy sauce

1 tablespoon sesame oil

1 shallot, chopped

1 tablespoon sherry

1/2 cup peanut oil

In a blender, combine the carrot, water, vinegar, ginger, soy sauce, sesame oil, shallot and sherry and puree. While the motor is running, drizzle in the oil until incorporated. Store in the refrigerator until ready to use.

Per Serving (excluding unknown items): 76 Calories; 8g Fat (88.8% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 69mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Citrus Vinaigrette

Servings: 8

1 large orange, zested and juiced

1/8 cup white wine vinegar

1 medium lemon, zested and juiced

1 tablespoon honey

dash oregano

1/2 cup canola oil

Combine all in a blender and puree.

Per Serving (excluding unknown items): 138 Calories; 14g Fat (85.2% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Italian Salad Dressing

Servings: 10

1/2 cup light mayonnaise

1/4 cup white wine vinegar

2 tablespoons olive oil

3 tablespoons honey

1 1/2 tablespoons parmesan cheese, grated

1 clove garlic, minced

1/2 teaspoon oregano

1/2 teaspoon basil

1 tablespoon lemon juice, freshly squeeze

1 pinch salt

Combine all ingredients - except for oil - in a blender or food processor. Process until combined.

While the motor is on a low speed, slowly drizzle the oil into the mixture, being careful to not add too much oil at once.

Chill for at least 30 minutes to let flavor develop.

Per Serving (excluding unknown items): 76 Calories; 5g Fat (58.8% calories from fat); trace Protein; 8g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 87mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Stephen's Blue Cheese Dressing

Servings: 16

1 cup mayonnaise

1/2 cup sour cream

1 tablespoon parmesan cheese, grated

1 clove garlic, crushed

1/2 tablespoon worcestershire sauce

1/4 cup plain yogurt

1 tablespoon onion, finely diced

1 ounce blue cheese, crumbled

1/4 teaspoon salt

1. Combine all ingredients except blue cheese in a bowl.
2. Whisk together until smooth.
3. Fold in blue cheese.
4. Chill and allow flavor to develop.

Per Serving (excluding unknown items): 125 Calories; 14g Fat (94.6% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 152mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Tarragon-Dill Salad Dressing

Servings: 2

2 ounces olive oil

1 ounce tarragon vinegar

1/2 ounce sugar

1 teaspoon tarragon

1 teaspoon dill weed

1. Combine all ingredients together in a tall-sided bowl.
2. Whisk ingredients until emulsified.

Serve immediately.

Per Serving (excluding unknown items): 284 Calories; 28g Fat (87.8% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 5 1/2 Fat; 1/2 Other Carbohydrates.

Cobb Salad

Servings: 2

2 ounces ham, 1/4" strips

2 ounces turkey, 1/4" strips

2 each eggs, hard-boiled, quartered

1/2 medium red onion, sliced

1 medium tomato, diced

1 medium avocado, sliced

2 ounces blue cheese, crumbled

4 slices bacon, crisp and broken into pieces

1 head romaine lettuce, washed and torn

ranch salad dressing

Place greens on each plate.

Layer prepared ingredients or arrange in a spoke-like manner atop greens.

Serve with ranch dressing.

Per Serving (excluding unknown items): 583 Calories; 41g Fat (60.4% calories from fat); 35g Protein; 25g Carbohydrate; 11g Dietary Fiber; 275mg Cholesterol; 1096mg Sodium. Exchanges: 3 1/2 Lean Meat; 3 Vegetable; 1/2 Fruit; 5 1/2 Fat.

Sesame Noodles

Servings: 8

12 ounces pasta, reduced carb, al dente

2 tablespoons sesame oil

1 1/2 tablespoons fresh ginger, about (1 inch) minced

3 cloves garlic

1 teaspoon hot sauce

1 lime, juiced

2 tablespoons brown sugar

1/2 cup peanut butter

3 tablespoons rice vinegar

3 tablespoons soy sauce

1/4 cup hot water

Bring a large pot of water to a boil. Add about a tablespoon of salt. Add pasta. Cook according to package directions, about 7-10 min.

Drain noodles and rinse with cold running water until cooled. Add a small amount of oil or cooking spray so that noodles don't stick together.

Using a blender or food processor, combine the remaining ingredients. Blend or pulse. Toss the noodles with the peanut sauce until well coated. Serve at room temperature or chilled; garnish with the sesame seeds, green onions, and cilantro.

Pour over noodles and toss until well-coated. Serve at room temperature. Garnish with

Per Serving (excluding unknown items): 296 Calories; 12g Fat (36.9% calories from fat); 17g Protein; 31g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 615mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Creamy Dressing Base

Servings: 8

1/2 cup mayonnaise

1/2 cup sour cream

2 tablespoons buttermilk

1 tablespoon parmesan cheese, grated

1 clove garlic, crushed

1/2 tablespoon worcestershire sauce

1 tablespoon onion, finely diced

Combine all ingredients in a bowl and whisk together. See variations for additional flavor.

Ranch:

Add 1 teaspoon dried dill, 1 teaspoon dried parsley. Mix well and chill for at least 30 minutes.

Blue Cheese:

Fold in 2 ounces of crumbled blue cheese. Mix well and chill for at least 30 minutes.

Per Serving (excluding unknown items): 136 Calories; 15g Fat (93.7% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 111mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Salad Nicoise

Servings: 8

1 tablespoon capers, finely chopped

6 each eggs, hard-boiled

1/2 pound green beans, fresh

8 small new potatoes

16 ounces albacore, in water

1 head red leaf lettuce

1 head Boston lettuce

1 pint cherry tomatoes, split

1/2 cup olives, preferably niçoise

salt and pepper

Italian Salad Dressing

Prepare Italian Salad Dressing per recipe directions.

Arrange ingredients artfully over salad greens and drizzle with dressing.

Serve immediately.

Per Serving (excluding unknown items): 348 Calories; 12g Fat (31.7% calories from fat); 23g Protein; 37g Carbohydrate; 4g Dietary Fiber; 170mg Cholesterol; 470mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Italian Salad Dressing

Servings: 10

1/2 cup light mayonnaise

1/4 cup white wine vinegar

2 tablespoons olive oil

3 tablespoons honey

1 1/2 tablespoons parmesan cheese, grated

1 clove garlic, minced

1/2 teaspoon oregano

1/2 teaspoon basil

1 tablespoon lemon juice, freshly squeeze

1 pinch salt

Combine all ingredients - except for oil - in a blender or food processor. Process until combined.

While the motor is on a low speed, slowly drizzle the oil into the

mixture, being careful to not add too much oil at once.

Chill for at least 30 minutes to let flavor develop.

Per Serving (excluding unknown items): 76 Calories; 5g Fat (58.8% calories from fat); trace Protein; 8g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 87mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.