

SBL Cooking Demo: Sensational Salads

June 26, 2017

Asian Cucumber Salad

Servings: 8

Ingredients

- 1 Tablespoon sesame seeds
- ¼ cup seasoned rice vinegar
- 2 Tablespoons olive oil
- 2 Tablespoons reduced-sodium soy sauce
- ½ tsp salt
- 1 tsp minced garlic
- ½ tsp red pepper flakes
- 2 English (seedless) cucumbers, halved lengthwise, thinly sliced (~4 cups)
- 2 cups matchstick-sliced carrots
- 1 cup thinly sliced scallions
- 4 tsp lemon zest



Directions

1. In a stainless steel or cast iron skillet, heat sesame seeds over medium, stirring constantly, until light golden, 2-3 minutes; set aside.
2. In a small bowl, combine vinegar, oil, soy sauce, salt, garlic, and red pepper flakes.
3. In a medium bowl, combine cucumber, carrots, scallions, and lemon zest. Pour dressing over vegetables and toss to combine; sprinkle with sesame seeds.

Nutritional Info

Serving size: 1 cup

Per Serving: 90 calories, 10 gm carbohydrate, 2 gm protein, 4 gm fat, 492 mg sodium, 2 g fiber

Source: weightwatchers.com

Creamy Chopped Cauliflower Salad

Servings: 6

Ingredients

- 5 tablespoons reduced-fat mayonnaise
- 2 Tablespoons cider vinegar
- 1 small shallot, finely chopped
- ½ teaspoon caraway seeds, (optional)
- ¼ teaspoon freshly ground pepper
- 3 cups chopped cauliflower florets, (about ½ large head)
- 2 cups chopped heart of romaine
- 1 tart-sweet red apple, chopped



Directions

1. Whisk mayonnaise, vinegar, shallot, caraway seeds (if using), and pepper in a large bowl until smooth.
2. Add cauliflower, romaine and apple; toss to coat.

Nutritional Info

Serving size: 1 cup

Per Serving: 67 calories, 11 gm carbohydrate, 2 gm protein, 3 gm fat, 120 mg sodium, 2 gm fiber

Source: eatingwell.com

Avocado Mustard Slaw

Servings: 4

Ingredients

- 3 tablespoons white vinegar, divided
- 1 tablespoon plus 1 teaspoon honey, divided
- 1 cup sliced red onion
- 3 teaspoons lime juice
- $\frac{3}{4}$ cup chopped cilantro, divided
- $\frac{1}{2}$ cup diced avocado
- 1 Tablespoon plus 1 teaspoon Dijon mustard
- 1 teaspoon ground black pepper
- $\frac{1}{4}$ cup olive oil
- 4 cups shredded cabbage

**Directions**

1. In a small bowl, combine 2 Tablespoons vinegar, 1 teaspoon honey, and red onion.
2. In a blender, combine the remaining 1 Tablespoon vinegar, 1 Tablespoon honey, lime juice, $\frac{1}{2}$ cup chopped cilantro, avocado, Dijon mustard, and pepper. Blend until partially smooth, occasionally scraping the sides towards the center. Gradually add the olive oil until smooth. Transfer to a large salad bowl.
3. Drain the onions, discard the liquid. Add the onions to the avocado dressing.
4. Add the cabbage and remaining $\frac{1}{4}$ cup cilantro. Toss until combined.

Nutritional Info

Serving Size: 1 Cup

Serving: 210 calories, 14 gm carbohydrate, 1.5 gm protein, 16 gm fat, 16 mg sodium, 3 gm Fiber

Source: aldi.com

Tennessee Cornbread Salad

Servings: 12

Dressing Ingredients

- 1 clove garlic
- ¼ teaspoon kosher salt
- 1 cup Greek yogurt
- ½ cup low-fat sour cream
- ¼ cup parsley leaves, minced
- 2 tablespoons dried dill
- 1 tablespoon minced fresh chives
- 1 teaspoon Worcestershire sauce
- ½ teaspoon ground black pepper
- ½ teaspoon white vinegar
- ¼ teaspoon paprika
- 1/8 teaspoon cayenne pepper
- Dash hot sauce
- ¼ to ½ cup buttermilk (as needed for desired consistency)

Directions

1. Mince the garlic with a knife and then sprinkle on the salad and mash it into a paste with a fork.
2. In a bowl, combine the garlic paste, Greek yogurt, sour cream, parsley, dill, chives, Worcestershire sauce, black pepper, vinegar, paprika, cayenne pepper, and hot sauce. Add the buttermilk to desired consistency and mix to combine, tasting frequently and adjusting seasoning as needed.
3. Chill for a couple of hours before serving, thinning with more buttermilk if needed.

Salad Ingredients

- 4 cups crumbled, baked cornbread
- 4 slices crisp, cooked turkey bacon (crumbled)
- 1 cup chopped tomatoes
- 1 cup chopped red onions
- ½ cup chopped sweet pickles
- ½ cup chopped green pepper
- 1 cup shredded cheddar cheese
- 4 ears corn, cut from cob
- 1 can black beans, rinsed and drained
- Optional: finely chopped celery and crumbled cornbread for garnish

Directions

1. In large bowl, place half of the crumbled cornbread (2 cups).
2. In separate bowl, combine remaining ingredients and spoon half of the mixture over the cornbread.
3. Spread half of the dressing over the vegetables. Repeat layers.
4. Garnish final layer with a little finely chopped celery and crumbled cornbread.
5. Chill 2-3 hours before serving.



Nutritional Info (salad + dressing)

Serving Size: 1 cup

Per serving: 290 calories, 18 gm carbohydrate, 7 gm protein, 13 gm fat, 519 mg Na+, 4 gm fiber

Source: Adapted from:

Dressing: foodnetwork.com (Ree Drummond Homemade Ranch Dressing)

Salad: krusteaz.com

Caprese Avocado Salad

Servings: 4

Ingredients

- 2 avocados, pitted
- ½ cup cherry tomatoes, halved
- ½ cup mini marinated mozzarella balls, halved
- Balsamic vinegar
- Extra virgin olive oil
- Balsamic Glaze
- Basil, for garnish

**Directions**

1. Scoop out avocados, leaving a small border. Dice avocado and set aside.
2. In a large bowl, toss diced avocado with tomatoes, mozzarella, balsamic, and olive oil. Season with salt and pepper.
3. Divide salad among 4 avocado halves. Garnish with basil.

Nutritional Info

Serving Size: 1 filled avocado half

Per serving: 205 calories, 8 gm carbohydrate, 6 gm protein, 21 gm fat, 90 mg Na+, 7 gm fiber

Source: delish.com

Little Gem Wedge Salad with Blue Cheese & Herb Dressing

Servings: 6

Ingredients

Blue Cheese & Herb Dressing

- ¾ cup crumbled blue cheese
- ⅔ cup whole-milk plain Greek yogurt
- ¼ cup extra-virgin olive oil
- 2 Tablespoons white-wine vinegar
- 1 Tablespoon Dijon mustard
- 1 Tablespoon chopped flat-leaf parsley
- 1 Tablespoon dried oregano
- 1 medium clove garlic
- ¼ teaspoon ground pepper



Salad

- 6 heads Romaine lettuce
- ½ cup crumbled blue cheese
- 3 pieces turkey bacon, cooked and crumbled
- 2 scallions, thinly sliced

Directions

1. To prepare dressing: Place ¾ cup blue cheese, yogurt, oil, vinegar, mustard, parsley, oregano, garlic, and pepper in a blender or food processor. Blend until almost smooth.
2. To prepare salad: Cut each head of lettuce in half lengthwise and place on a large salad plate. Dollop 2 Tablespoons of the dressing over each serving and top with more blue cheese, bacon and scallions. Serve with extra dressing on the side, if desired.

To make ahead: Refrigerate dressing (Step 1) for up to 5 days.

Nutritional Info

Serving size: 2 cups

Per Serving: 169 calories, 5 gm carbohydrate, 8 gm protein, 13 gm fat, 372 mg Na+, 2 gm fiber

Source: eatingwell.com

“Use a Spoon” Chopped Salad

Servings: 8

Ingredients

- ¼ cup white-wine vinegar
- ¼ cup extra-virgin olive oil
- 1 teaspoon honey
- ¼ teaspoon freshly ground pepper
- 3 medium stalks celery, diced (¼-inch)
- 2 medium carrots, diced (¼-inch)
- 1 large red bell pepper, diced (¼-inch)
- 1 medium apple, peeled and diced (¼-inch)
- ½ large cucumber, peeled, seeded and diced (¼-inch)
- 1 cup sliced arugula, any tough stems removed
- 1 cup thinly sliced Napa cabbage
- 1 cup crumbled goat cheese
- ½ cup toasted slivered almonds



Directions

1. Whisk vinegar, oil, honey, and pepper in a large salad bowl until well combined.
2. Add celery, carrots and bell pepper to the vinaigrette. Let marinate for at least 10 minutes and up to 1 hour.
3. Add apple, cucumber, arugula and cabbage to the bowl; toss to coat. Add goat cheese and almonds and toss to combine.

Nutritional Info

Serving size: 1 cup

Per Serving: 200 calories, 9 gm carbohydrate, 7 gm protein, 16 gm fat, 158 mg Na+, 3 gm fiber

Source: eatingwell.com