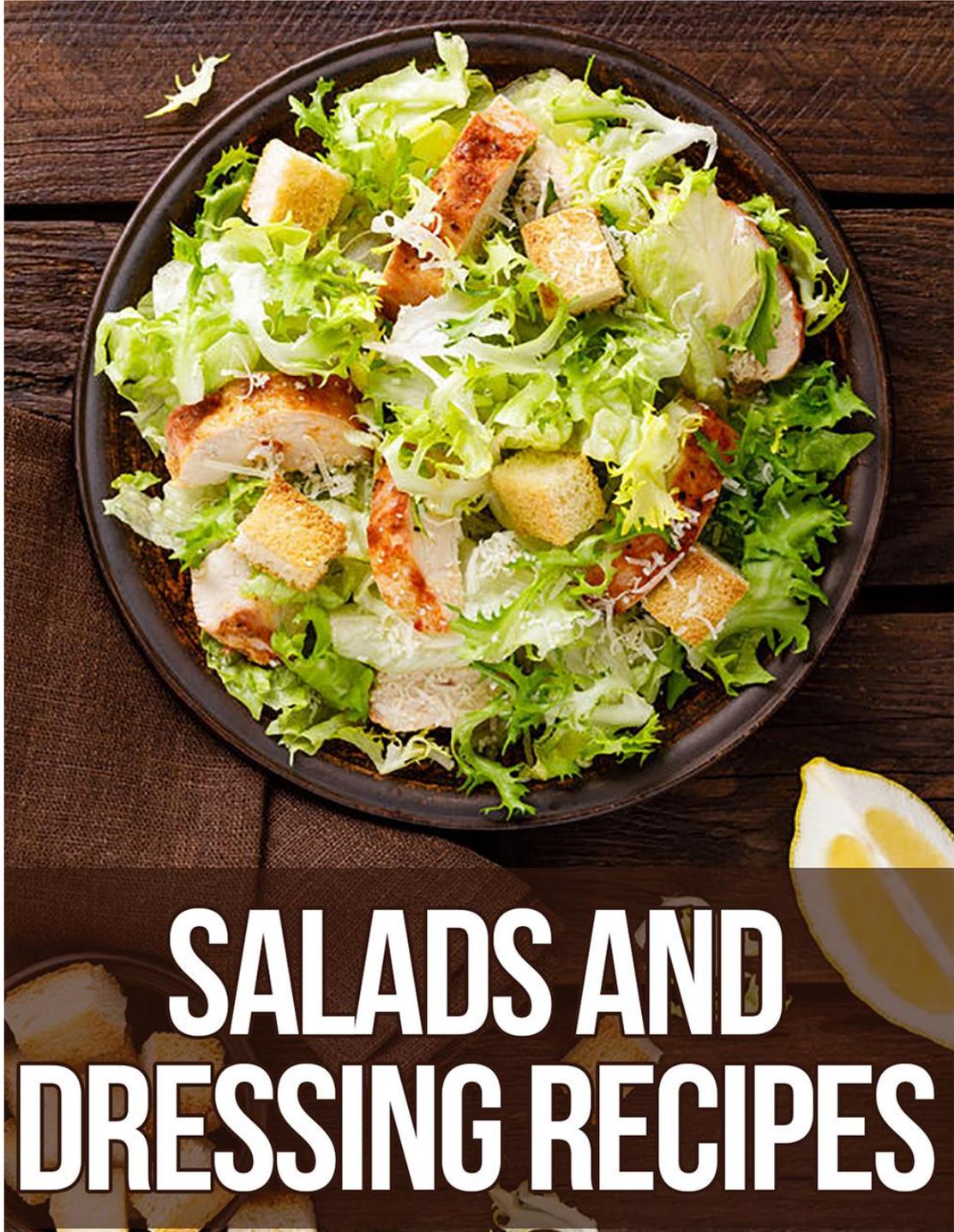


Salad and Dressing Recipes



**SALADS AND
DRESSING RECIPES**

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Cool Down With These Refreshing Cucumber Salad Recipes

Cucumber salad is particularly ideal for those long, hot afternoons. Very ideal for the dry summer seasons. While summer is still far away for most countries, it would be wise to stock up on these great cucumber recipes that are guaranteed to cool you down.

BALINESE CUCUMBER SALAD RECIPE

Ingredients:

3 tablespoons peanuts, dry roasted, coarsely chopped

1 cucumber, European

OR

1 large regular cucumber

1/4 sweet onion, large, such as Vidalia

3 tablespoons rice vinegar

1 1/2 tablespoon sugar, or more to taste

1/2 teaspoon salt, or more to taste

Directions:

Set a dry skillet over medium heat. Add the peanuts and heat until lightly browned, about 2 minutes, shaking the pan occasionally. Transfer to a plate to cool.

Peel and seed the cucumber. Cut the cucumber crosswise into 3-inch sections, then lengthwise into spaghetti-thin strips. Cut the onion into as thin crosswise slices as possible.

Combine the vinegar, sugar, and salt in a serving bowl and whisk until the sugar and salt are dissolved. Taste for seasoning, adding sugar or salt as necessary; the dressing should be both tart and sweet. Stir in the cucumber and onion. Sprinkle the salad with the peanuts and serve.

FRESH CUCUMBER SALAD RECIPE

Ingredients:

6 cups fresh cucumbers

1 cup sweet pepper, sliced thin

2 onions sliced into rings

1 teaspoon salt

1 teaspoon celery seed

2 cups sugar

1 cup white vinegar

Directions:

Mix well. Put in refrigerator, let stand overnight.

CUCUMBER SALAD WITH SPICY WASABI DRESSING

Ingredients:

1 1/2 teaspoon dry wasabi powder (or to taste)

1/2 teaspoon warm water

2 cucumbers

2 tablespoons rice wine vinegar

2 teaspoons sugar

1 teaspoon sesame oil

salt and freshly ground black pepper

1 green onion - thinly sliced

1 tablespoon black sesame seeds or toasted white sesame seeds

Directions:

Mix the wasabi with warm water in the bottom of a mixing bowl and let it stand for 5 minutes.

Peel the cucumbers, cut each one in half lengthwise, and use a melon baller or spoon to scoop out the seeds.

Cut the cucumbers widthwise into 1/4-inch crescents.

Add the vinegar and sugar to the wasabi and whisk until smooth. Whisk in the sesame oil, salt, and pepper.

Just before serving, add the cucumbers, green onion, and sesame seeds to the dressing and mix well.

CUCUMBER AND GREEN SEAWEED SALAD RECIPE**Ingredients:**

2 cucumbers

2 radishes

Salt as needed

1 3/8 ounce green seaweed

Dressing:

3 tablespoons vinegar

1 teaspoon soy sauce

1 tablespoon sugar

2 teaspoons kelp-flavoured fish stock

Directions:

Slice cucumbers and radishes into thin rounds; salt and leave until dewatered. Wash with water and squeeze out brine.

Pour boiling water over green seaweed and cut into bite-size pieces.

Thoroughly mix dressing ingredients and add to cucumbers and seaweed just before serving.

Delight Your Senses With These Crab Salad Recipes

Unrivaled in sweetness by any other of its lot, the crab is has shown its versatility as an ingredient. It ads an interesting twist to any dish served with a shred or two of this amazing seafood.

As a part of salad, the Crab gives an interesting texture. It does not matter whether it be imitation or authentic crab meat, the ways on how to prepare this dish is just infinite. Below are some salad recipes that are guaranteed to bring your dishes to life.

FRESH CRAB SALAD RECIPE

1 lb Fresh crabmeat; flaked

1/2 c Minced celery

1 ts Grated onion

1 tb Minced pimento

1/4 ts Salt

2 tb Lemon juice

Mayonnaise to taste

Lettuce

2 tb Minced parsley

1/2 Cucumber; peeled and thinly sliced

Combine crab, celery, onion, and pimento in a bowl. Sprinkle with salt and lemon juice; toss to mix. Add just enough mayonnaise to moisten; mix well. Spoon onto bed of lettuce; sprinkle with parsley. Garnish with thin slices of cucumber.

ANTIPASTO CRAB SALAD RECIPE

Ingredients:

8 ounces frozen Alaskan King crab
1/2 cup sliced fresh mushrooms
1 small cucumber, thinly sliced
1 (6 oz.) jar marinated artichoke hearts
2 tablespoons lemon juice
1 tablespoon white wine vinegar
1 clove garlic, crushed
1/2 teaspoon oregano
1/2 teaspoon salt
1/8 teaspoon crushed black pepper
1 tomato, cut into wedges
1/4 pound Swiss cheese, sliced and cut into triangles
Lettuce

Directions:

Thaw, drain and slice crab.

Combine mushrooms and cucumber slices. Drain artichoke hearts, reserving liquid. Combine liquid with lemon juice, vinegar, garlic, oregano, salt and pepper. Pour over mushrooms and cucumbers and toss lightly. Cover and refrigerate for 2 hours.

Drain vegetable mixture. Arrange crab, mushrooms, cucumber, artichoke hearts, tomato wedges and cheese triangles on 4 lettuce-lined salad plates.

THAI-STYLE CRAB SALD IN AVOCADO RECIPE

Ingredients:

- 1 ripe California avocado
- 3 tablespoons lime juice
- 6 ounces cooked lump crabmeat, or canned crabmeat
- 1 teaspoon lemon juice
- 1/4 cup mayonnaise
- 2 tablespoons chopped cilantro
- 1 scallion, thinly sliced
- 1/4 teaspoon pepper, or to taste
- Salt, if desired

Directions:

Split the avocado in half, remove the seed; sprinkle the cut surfaces with 1 tablespoon of the lime juice to prevent browning.

Combine the crabmeat, remaining lime juice, lemon juice, mayonnaise, cilantro, scallion, pepper and salt in a mixing bowl; mix well. Divide this mixture between each avocado half, piling it high. Garnish with extra cilantro, if desired.

CRAB SALAD WITH GUAVA NECTAR RECIPE

Ingredients:

2/3 cup Guava Nectar

1/3 cup mayonnaise

1/4 cup apple cider vinegar

8 cups mixed salad greens

2 cups cooked fresh or chopped imitation crabmeat

1 can (11-oz. size) Mandarin oranges, drained

4 red onion slices, (optional)

Directions:

Combine nectar, mayonnaise and vinegar in small bowl; whisk until smooth.

Combine 1/2 cup dressing with crabmeat in small bowl. Toss remaining dressing with salad greens in large bowl. Divide salad greens among serving plates; top with crab mixture, oranges and onion. Season with ground black pepper.

Easy And Refreshing Fruit Salad Recipes

Fruit salad is probably one of the easiest and tastiest things in the world to make. Any seven-year old can whip up their salad in no time at all. In fact, for a real bonding time with your kids, you can involve them in the kitchen and have fun whipping up this fabulous desert.

This is particularly popular during the summer when fresh fruits abound, however, summer or winter, it doesn't really matter as fruits grow all year round. There's really nothing to putting together fruit salad recipes. The secret is really just in picking out the best fruits. Below are fantastic fruit salad recipes you can do in your very own kitchen:

FRUIT SALAD WITH CITRUS-CILANTRO DRESSING

1 (20-ounce) can pineapple chunks, drained (or better yet, 2 1/2 to 3 cups fresh pineapple chunks)

3 grapefruits, peeled and sectioned

2 cups sliced strawberries

1 mango pitted, peeled and sliced

1/3 cup orange juice

1/3 cup lime juice

3 tablespoons chopped fresh cilantro

2 tablespoons honey

1. Combine pineapple, grapefruit, strawberries and mango in a large serving bowl; set aside.

2. In a small saucepan, combine orange juice, lime juice and cilantro. Bring to a boil, reduce heat and simmer for 5 minutes. Strain and discard cilantro. Stir in honey. Pour over fruit mixture and toss until evenly coated.

FLUFFY PISTACHIO FRUIT SALAD

- 1 (20-ounce) can crushed pineapple, not drained
- 1 (4-serving size) package instant pistachio pudding mix
- 1 (12-ounce) container non dairy whipped topping, thawed
- 2 large bananas, sliced
- 2 cups miniature marshmallows
- 1 (17-ounce) can fruit cocktail, drained
- 1 (11-ounce) can mandarin oranges, drained

Pour instant pudding mix into a large mixing bowl. Add pineapple, and mix well. Mix in nondairy whipped topping. Stir in bananas, marshmallows, fruit cocktail, and mandarin oranges.

Cover, and refrigerate for 4 hours or overnight.

Everything You Need To Know About Fruit Salads

Most of the people know only one thing about fruit salads; and that is how to eat them. How could you eat something that you know nothing about? Well, aside from the fact that they are delicious?

A fruit salad is a delicious dish with different kinds of fruit, sometimes served submerged in their own fruit juice, or lathered with syrup. It is oftenly served as an appetizer, if not that, dessert. Eitherway, fruit salads are definitely delicious, you can have them for both appetizer and dessert.

Making your own fruit salad is not hard; you just need to prepare its ingredients. And the ingredients used are neither extinct nor hard to find, you can just whip out your wallet and make the march to the nearest grocery store.

It needs one pint of basket of fresh California strawberries, which you are supposed to stem and make into halves; a teaspoon of finely chopped fresh mint or a half teaspoon of dried mint; a half cup of light sour cream; lettuce leaves; a half teaspoon of honey; two cups of fresh fruits that are in season. See? These ingredients do not require you to go hiking up in the mountains, looking for exotic fruits.

For you to make a strawberry dressing, you must puree an ample amount of the strawberries in an electric blender, about a half-cup, to make a ¼ cup of pureed strawberries. In a separate bowl, stir the puree, together with mint and honey, into a sour cream so that they will all blend. In assembling your fruit salad, line individual salad plates that contain lettuce. Arrange the strawberries that you have reserved with the other fruits on the lettuce and top with the strawberry dressing. Sounds good, huh? You could bet that this tastes even better.

Yes, you now know how to make a fruit salad after knowing the necessary ingredients. But still, do you know where fruit salads came from? This is added knowledge, thus, it would be best if you keep this pieces of information in your memory.

The origin of fruit salads relies highly on what you initially mean by "fruit salad". Fruit salads that are made up of combinations of different fresh, dried, candied or sugared, and stewed fruits or vegetables. This type of fruit salad originated from the ancient times. The ingredients and the recipes that are used depended on what were available in the country, or if what ingredients were in season. They also depend on the socio-cultural attitudes of the people toward the ingredients, whether the fruits were socially considered to be healthy or not.

The fruit salad, as we know of it today, is a production of the mid-nineteenth century. There has been unearthed culinary evidence that confirms the saying that sometimes, fruits salads are purposely mixed with sugar and alcohol, thus, given the term "fruit cocktail". The non-alcoholic variation of this recipe, also the jellied fruit salad, was famous in the 1920s. In the period of the World War II, fruit salads were introduced to the world as a proper supplement of Vitamin C, and were, in fact, included in the American diet.

However, fruit salads in the European countries evolved quite differently. The recipes contained amounts of mayonnaise. Have you heard, or better yet, eaten a Waldorf salad? Well, this is the name of the said fruit salad that is lathered with mayonnaise.

Now is the time when you can say that you know everything you need to know that concerns fruit salads. Fruit salads contain one hundred twenty-three calories, two grams of protein, eleven milligrams of cholesterol, four grams of fat, and twenty-one grams of carbohydrates. What more can you ask for?

Famous Caesar Salad Recipes

Caesar Salad is undoubtedly the most popular of all the salads. Hence, the name fitted for royalty. It has gained popular acceptance mainly because it has the taste and texture you can actually enjoy. In other words, it does not taste like most healthy food should. Listed below are two amazing recipes and takes on the well-loved salad.

CEASAR SALAD

4 ounces anchovies

3 tablespoons Dijon mustard

2 ounces garlic -- chopped

4 egg yolks

1/2 cup red wine vinegar

1 tablespoon Worcestershire sauce

1 cup parmesan cheese

1 quart olive oil

1 teaspoon black pepper

12 cups romaine lettuce

salt -- to taste -- croutons -- seasonings in recipe

STEP ONE: Prepare Croutons (Optional)

Cut a loaf of stale bread into 1/4-inch cubes. Season with melted butter, thyme, basil, garlic, oregano, salt, and pepper. Bake until crisp.

STEP TWO: Prepare Caesar Salad Dressing

In a large bowl, grind anchovies to a paste-like consistency. Stir in all remaining ingredients except Romaine lettuce.

STEP THREE:

Tear Romaine lettuce into large pieces and place in large bowl. Pour salad dressing over lettuce and toss salad. Serve immediately.

CEASAR SALAD WITH LEMONGRASS-SKWERED SHIMPS AND SCALLOPS

CAESAR DRESSING:

1 cup mayonnaise

1/4 cup Parmesan cheese, preferably Reggiano

1 tablespoon plus 1 teaspoon fresh lemon juice

1 tablespoon Dijon mustard

2 teaspoons Worcestershire sauce

2 teaspoons minced garlic

2 anchovy fillets, finely chopped (about 1 teaspoon)

1/8 teaspoon ground pepper

About 1/3 cup water for thinning

16 large shrimp (about 1 pound), peeled and deveined (tails on)

1 tablespoon plus 2 teaspoons olive oil

16 medium sea scallops (about 1 pound), muscles removed

3/4 teaspoon kosher salt

1/4 teaspoon ground pepper

8 stalks lemongrass, cut into 10- to 12-inch skewers, soaked in water for 30 minutes

2 cups croutons

6 cups lightly packed mixed salad greens

6 cups lightly packed chopped hearts of romaine

1 cup grated Parmesan cheese, preferably Reggiano

1. For the dressing, combine the mayonnaise, Parmesan, lemon juice, mustard, Worcestershire sauce, garlic, anchovy, and pepper in a small bowl. Whisk until well incorporated. Whisk in the water to desired consistency. Refrigerate until chilled.

2. Preheat a grill to medium high or the oven to 450 degree F. Add the shrimp with 2 teaspoons of the olive oil in a bowl. In a separate bowl, gently toss the scallops with the remaining 2 teaspoons oil. Season the shrimp and scallops, on both sides, with kosher salt and pepper.

Thread 4 shrimp onto each of 4 lemongrass skewers, threading them through the head and tail so they will lie flat when cooking. Thread 4 scallops onto each of the remaining 4 lemongrass skewers, so they will also lie flat when cooking.

Cover the grill and cook for 8 minutes, rotating the skewers frequently, until the shrimp are pink and the scallops are opaque throughout. Or, place the skewers on a baking sheet lined with aluminum foil and bake for 8 to 10 minutes on the top rack of the oven.

3. Toss the croutons in a bowl with about 1/4-cup of the dressing. Add the greens and lettuce and Parmesan cheese. Add about 1/2-cup dressing. Season with more kosher salt and pepper to taste, if necessary. Divide among 4 serving plates. Criss-cross 2 seafood skewers on top of each salad portion.

4. The dressing can be made up to 1-week in advance and refrigerated. The seafood can be grilled or baked up to 8 hours in advance and refrigerated. (If precooked, be sure to cook the seafood on the rare side so as not to overcook it when reheated.) Reheat in a preheated 350-degree F oven, covered with aluminum foil, for about 5 minutes.

Go Healthy With These Fantastic Tuna Salad Recipes

Tuna is probably the most versatile type of seafood. It is a healthy substitute for meat. It has a distinct taste that makes it perfect for salads as well as sandwich dressing. Like chicken, tuna's taste is not strong so as to contrast with the taste of all the other ingredients that it mixes with. Below are some interesting takes on the good old tuna salad.

Gourmet Tuna Salad

1 (12-ounce) can tuna, drained

2 chopped green onions

1 stalk celery, diced

1/4 cup stuffed green olives, chopped

2 tablespoons capers, diced

1/4 cup slivered almonds

1/4 teaspoon Worcestershire sauce

1/4 cup mayonnaise

1/4 cup sour cream

1. In a mixing bowl, combine tuna, green onions, celery, green olives, capers and almonds.
2. In a small bowl, whisk together mayonnaise, sour cream and the Worcestershire sauce. Blend together dressing and tuna mixture.
3. Serve on bed of lettuce or your choice of fresh bread as a tuna salad sandwich.

TUNA SALAD RECIPE

INGREDIENTS:

- 2 large tomatoes, cut in quarters
- 1 red bell pepper, cut in matchstick strips
- 1 green bell pepper, cut in matchstick strips
- 1 small onion, sliced in rings
- 1 can (6 1/2 or 7 ounces) tuna in vegetable oil
- 4 teaspoons olive oil
- 2 teaspoons wine vinegar
- 1/2 small clove garlic, finely minced
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon dry mustard
- 12 pitted black olives, chopped

PREPARATION:

Arrange tomato quarters on a salad serving platter; place pepper strips and onion rings in center. Drain oil from tuna into a small jar; flake tuna and arrange in center of platter. Make salad dressing: add olive oil, wine vinegar, minced garlic, salt, pepper and dry mustard to tuna oil in jar.

Seal tightly and shake vigorously to blend. Sprinkle over tuna salad platter. Sprinkle chopped olives over the salad. Tuna salad serves 3 to 4.

TUNA SALAD WITH MELON RINGS

INGREDIENTS:

1 large honeydew melon

lettuce

2 cans (7 ounces each) tuna, drained

1/2 cup mayonnaise

1/4 cup chopped celery

1/4 teaspoon dried leaf thyme, crumbled

1/8 teaspoon ground black pepper

PREPARATION:

Peel honeydew melon; cut into circles about one inch thick. Remove seeds and place on beds of lettuce. Mix tuna, mayonnaise, and celery, thyme and pepper. Spoon into centers of honeydew circles. If desired, garnish with fresh parsley. Tuna salad recipe serves 6.

CRUNCHY TUNA SALAD WITH GREEN BEANS

INGREDIENTS:

2 packages (10 ounces each, or 3 cups total) frozen cut green beans

2 cans (7 ounces) tuna, drained and flaked

2 cups thinly sliced celery

1 cup mayonnaise

2 tablespoons lemon juice

1 tablespoon soy sauce

1/4 teaspoon garlic powder

2 cups chow mein noodles

salad greens

Directions:

Cook green beans according to package directions; drain and let cool. Combine cooled green beans, tuna, celery, mayonnaise, lemon juice, soy sauce, and garlic powder; toss to mix well.

Chill salad thoroughly. Just before serving tuna salad, stir in chow mein noodles. Serve tuna salad on salad greens. Tuna salad serves four to six.

Go Mediterranean With Greek Salad

Greek Salad is characterized by its fresh taste. Made only with crisp vegetables. It is a very healthy dish that requires little or less than ten minutes to prepare. Greek salads are a fusion of colors. You have the greens, the yellows, the reds and the oranges. Below is a compilation of some of the most fantastic Greek salad recipes.

GREEK SALAD RECIPE

3 tablespoons extra virgin olive oil

1½ tablespoons lemon juice

1 clove garlic: minced (crushed)

½ teaspoon dried oregano

¼ teaspoon sea salt

¼ teaspoon freshly ground black pepper, and extra for garnish

3 tomatoes: cut into wedges

¼ red onion: sliced into rings

½ cucumber: sliced into thick half-moons

½ green pepper (capsicum): julienned

4 oz (120g) feta cheese: cut into small cubes

16 kalamata olives

PLACE the olive oil, lemon juice, garlic, salt, pepper and oregano in a small jar with a screw-top lid and shake to combine. PLACE the salad ingredients in a large bowl. POUR the dressing over the salad and toss gently to combine just before serving. Garnish with a little freshly ground black pepper.

MEDITERRANEAN GREEK SALAD

INGREDIENTS

3 cucumbers, seeded and sliced

1 1/2 cups crumbled feta cheese

1 cup black olives, pitted and sliced

3 cups diced roma tomatoes

1/3 cup diced oil packed sun-dried tomatoes, drained, oil reserved

1/2 red onion, sliced

DIRECTIONS

1. In a large salad bowl, toss together the cucumbers, feta cheese, olives, roma tomatoes, sun-dried tomatoes, 2 tablespoons reserved sun-dried tomato oil, and red onion. Chill until serving.

GREEK SALAD

3 vine ripe tomatoes, cut into chunks

1 red onion, thinly sliced

1/2 European seedless cucumber, cut into bite-size chunks

1 small red bell pepper, seeded and chunked

1 small green bell pepper, seeded and chunked

1 cubanelle pepper, seeded and chunked

1 cup Kalamata black olives

Several sprigs fresh flat-leaf parsley, about 1/2 cup

2 (1/4 pound) slices imported Greek feta

1/4 cup (a couple of glugs) extra-virgin olive oil

3 tablespoons (3 splashes) red wine vinegar

1 teaspoon dried oregano, crushed in palm of your hand

Coarse salt and black pepper -- Pita breads

Combine vegetables, olives, and parsley in a large bowl. Rest sliced feta on the top of salad. Combine oil, vinegar, and oregano in a small plastic container with a lid. Shake vigorously to combine oil and vinegar and pour over salad and cheese.

Season with salt and pepper and let the salad marinate until ready to serve. Serve salad with pita bread blistered and warmed on a hot griddle or grill pan.

Natasha's Greek Salad

1 bunch leaf lettuce

2 cucumbers

4 large tomatoes

1 small yellow onion

Garnish:

Greek black olives

feta cheese

Dressing:

1 part red wine vinegar

1 part olive oil

crushed garlic

salt and pepper to taste

2 pinches sugar

Chop lettuce and onion finely. Chop tomatoes and cucumbers coarsely (about 1/2). Combine and garnish to taste. One of the simplest items we prepare, this salad draws many compliments. Use real Greek olives packed in brine.

How To Make Your Own Chicken Salad

Making a chicken salad is often perceived by many to be extremely easy; just pour in the chicken. Actually, it is not all about the chicken. Chicken salads are about the overall taste it has, together with other ingredients.

Therefore, it is highly important to take note of the other ingredients that you put in your chicken salad for it to have a delicious and savory taste.

You will need three chicken breast halves that are of large sizes. With these chicken breasts, it is important that you do not remove the bone.

You will also need a good-sized apple, which you will dice; one or two large celery stalks that you will also dice; a half cup of chopped nuts, you can use either pecans or walnuts, both are good for chicken salads; salt and pepper; and a good type of mayonnaise.

First you have to season the chicken with pepper and salt. After doing so, bake it, while placed in foil, for fifty to sixty minutes at three hundred seventy-five degrees. Once done, drain the liquid, for it will not be needed. Leave your chicken to cool down.

Once it is already cool, cut the chicken meat into small chunks. You can also tear the cooked chicken into thin strips if you do not like chunks.

You may add in more salt and pepper if you think doing so is necessary. Add the apple that you have diced, with the celery and the nuts. To attain that desired moistness, put in your mayonnaise.

And there you have it; you have just conjured your very own chicken salad. When you want to serve your self-made chicken salad to your guests already, just place an ample amount of it on a bed of lettuce leaves. Serve it with bread, hot rolls, crackers or biscuits to have a complete, delicious meal.

If you have taken note of the ingredients, you will notice that the ingredients used are not oozing with cholesterol. Chicken salads are healthy, but they will not make you bloat. They are perfect for nutritious diets, for they are most certainly filled with different nutrients.

Making a chicken salad is not difficult. However, you have to be accurate and careful in choosing the ingredients you put in it as to keep that slender body of yours. You do not feel hungry, and you also do not have to worry about getting fat. What more could you ask for?

Indulge In Taco Salad Recipes

Want to have a party Mexican-style? Why not try these recipes that are sure to get your spirits in that festive mood? The taco salad recipes listed below can be whipped in to time at all. Thirty minutes max and you're set to get these going on the table.

Mexican food is basically spicy with a lot of meat and tomato. However, you can adjust the ingredients to suit your taste. There is nothing at all in putting these wonderful dishes together. Just choose which recipe will fit your needs and you are off to go.

TEN-MINUTE TACO SALAD RECIPE

Ingredients:

- 2 cans (16 ounce size) chili beans, undrained
- 1 package (10-1/2 ounce size) corn chips
- 2 cups shredded cheddar cheese
- 4 cups chopped lettuce
- 2 small tomatoes, chopped
- 1 small onion, chopped
- 1 can (2-1/4 ounce size) sliced ripe olives, drained
- 1 1/4 cup salsa
- 1/2 cup sour cream

Directions:

In a saucepan or microwave-safe bowl, heat the beans. Place corn chips on a large platter. Top with beans, cheese, lettuce, tomatoes, onion, olives, salsa and sour cream. Serve immediately.

ZESTY TACO SALAD RECIPE

Ingredients:

2 tablespoons vegetable oil
1 clove garlic finely chopped
3/4 pound ground turkey
1 3/4 teaspoon chili powder
1/4 teaspoon ground cumin
3 cups washed torn lettuce leaves
14 1/2 ounces can Mexican style diced tomatoes drained
1 cup rinsed drained canned garbanzo beans or pinto beans
2/3 cup chopped peeled cucumber
1/3 cup frozen whole kernel corn thawed
1/4 cup chopped red onion
2 jalapeno peppers seeded finely chopped optional
1 tablespoon red wine vinegar
12 nonfat tortilla chips
fresh greens optional

Directions:

Combine oil and garlic in small bowl; let stand 1 hour at room temperature. Combine turkey, chili powder and cumin in large nonstick skillet. Cook over medium heat for 5 minutes or until turkey is no longer pink, stirring to crumble.

Combine turkey, lettuce, tomatoes, beans, cucumber, corn, onion and jalapeno in large bowl. Remove garlic from oil; discard garlic. Combine oil and vinegar in small bowl. Drizzle over salad; toss to coat. Serve on tortilla chips and fresh greens if available.

Light And Fresh As A Salad

No small thanks to weight watchers everywhere, the salad is beginning to take on center stage from an obscure, little corner during the earlier times. Indeed, salad is now enjoying the same popularity of the, well not exactly pizza, but at least fast food.

New diet and fitness methods seem to pop out everywhere on a monthly basis. From crash to yoyo to Low Carb-High Protein, to the After Six, to South Beach to something as crazy as color dieting.

The methods vary mostly in the food composition that must be consumed while on the diet, but what's common to all these are the inclusion of salad in one form or another.

Indeed, the humble salad has found its way even to those fast food counters as health consciousness begins to grow. Even the Fast food king, McDonald's himself, had to yield to the pressure and has started to offer healthy alternatives that includes, you've guess it right, the salad.

There are more than a thousand ways to prepare a salad. This can be served as an appetizer, a main course, dessert and even as a sandwich filling. Although most often associated with all those big nutritional stuff such as the lettuces, romaine's, tomatoes, carrots, cucumber and grapes, the salad can also take on the form of a heavier meal.

While chicken and tuna are the most common ingredients, pork, turkey and Peking duck have already found their way in bowls everywhere.

Generally, the term salad refers to a preparation of chopped and / or sliced ingredients. Although meat can be incorporated in it, it has to contain at least one or two vegetables and fruits. It can be served dry or with a dressing.

The most common dressings are whipped cream, vinaigrette, thousand island, honey-mustard and Caesars' dressing. And the most common ingredients are lettuce, tomatoes, carrots and cucumber. Eggs have also become a regular ingredient.

The popularity of the salad has grown mostly because of its nutritional value. It satisfies the hunger pangs without weighing in too much on the scale. And this is why it has become a favorite preparation for the health nuts everywhere.

Come to think of it, one need really not be a health enthusiast to enable him or her to enjoy this preparation. With the variety and interesting textures that come up every time, one is bound to find one that he or she can be addicted to.

Make Your Salads Come Alive with These Salad Dressing Recipes

What makes or breaks a salad is the dressing. Although it does not easily grab our attention, these so-called silent ingredients play a very crucial role in determining the outcome of a salad.

Tossed with the wrong dressing and the freshest ingredients lose their taste. Salad dressings are like icings on a cake so to speak. They give that final touch, the magic that makes salads come alive. Listed below are some salad dressing recipes that one can choose from to come up with that special salad one might have in mind.

APPLE VINAIGRETTE

1/2 cup chopped flat-leaf parsley

1/4 cup cider vinegar

1/4 cup extra virgin olive oil

1/4 cup apple juice

3 whole fresh basil leaves

1 teaspoon honey

3/4 teaspoon salt

1/4 teaspoon dry mustard

1/8 teaspoon ground black pepper

1. Combine parsley, vinegar, olive oil, apple juice, basil, honey, salt, dry mustard and pepper in a blender or food processor. Process until smooth.

BASIC ITALIAN SALAD DRESSING

6 tablespoons olive oil

2 tablespoons white wine vinegar

2 tablespoons chopped fresh parsley

1 tablespoon fresh lemon juice

2 garlic cloves, chopped

1 teaspoon dried basil, crumbled

1/4 teaspoon dried crushed red pepper

Pinch of dried oregano

1. Combine all ingredients in small bowl and whisk to blend. Salt and pepper.

CITRUS POPPY SEED SALAD DRESSING

1/2 cup mayonnaise

1 tablespoon sugar

3 to 4 tablespoons half & half

1 teaspoon poppy seed

1 teaspoon grated lime

1. Whisk together all dressing ingredients in small bowl. Cover; refrigerate 1 hour.

RANCH SALAD DRESSING

1/2 cup dry buttermilk powder

1 tablespoon dried parsley, crushed

1 teaspoon dried dill weed

1 teaspoon onion powder

1 teaspoon dried minced onion

1 teaspoon salt

1/2 teaspoon garlic powder

1/4 teaspoon ground pepper

1. Combine all ingredients in the blender and process on high speed until well blended and powdery smooth.

To use: Combine 1 tablespoon dry mix with 1 cup milk and 1 cup mayonnaise. Mix well.

LOW-FAT BACON MUSTARD SALAD DRESSING

1/4 slice bacon, finely chopped

6 tablespoons fresh orange juice

1/2 cup nonfat sour cream

1 1/2 tablespoons fresh lemon juice

1 tablespoon Dijon mustard

3 green onion, chopped white, part only

1 large garlic clove, finely minced

1 teaspoon firmly packed brown sugar

Salt and pepper to taste

1. In a small skillet cook bacon over medium heat, stirring, until crisp; remove skillet from heat.

2. Add orange juice to skillet and scrape up brown bits

3. In a blender, puree bacon mixture with the remaining ingredients until smooth. Cover and refrigerate.

Must Try Soup and Salad Recipes

A meal is never complete without either a soup or a salad as an appetizer. Salads are fairly easy to make while soups differ on the level of difficulty of its execution. However, compared to main courses, these can be whipped up in no time.

Quick Chinese Egg Drop Soup

Ingredients:

4 cups seasoned chicken broth

1/2 cup frozen green peas

1 egg, beaten

2 to 3 green onions, finely diced

Bring broth and peas to boil in large saucepan. Slowly add egg to boiling broth, stirring constantly. Sprinkle with onions. Serve hot.

Note: You can also add sliced mushrooms to this.

Gaisburger Marsch (Brisket of Beef Soup/Stew)

Ingredients:

1 pound brisket of beef

1 pound soup (stewing) bones

5 ounces celery

1 small root of parsley

1 to 2 leeks

1/2 onion

1 bay leaf

3 cloves

peppercorns

salt

1/2 pound potatoes

1 to 2 ounces butter or margarine

3 onions

6 to 8 ounces cooked egg noodles

Place meat and bones in a saucepan and cover with water. Bring to a boil. Remove froth. Clean vegetables and add to stock. Stir in herbs and spices. Cook for 90 minutes.

Peel potatoes, wash and cut into small cubes. Cook potatoes separately in salted water. Drain when tender. Remove meat and bones from stock. Dice meat. Strain stock.

Melt butter or margarine in a pan, add sliced onions and braise until golden brown. Alternately put meat, potatoes, and boiled noodles in a soup tureen layer by layer. Cover with hot stock. Sprinkle with braised onions before serving.

Pungent Thai Sauce For Soups

Ingredients:

1 teaspoon garlic, finely chopped

1/2 cup Rose's Lime Juice

3 teaspoons cayenne pepper

3 tablespoons fish sauce

2 tablespoons soy sauce

6 teaspoons sugar

Combine the ingredients in a bowl and whisk to incorporate.

FRESH CUCUMBER SALAD RECIPE

Ingredients:

6 cups fresh cucumbers

1 cup sweet pepper, sliced thin

2 onions sliced into rings

1 teaspoon salt

1 teaspoon celery seed

2 cups sugar

1 cup white vinegar

Directions:

Mix well. Put in refrigerator, let stand overnight.

CUCUMBER AND GREEN SEAWEED SALAD RECIPE

Ingredients:

2 cucumbers

2 radishes

Salt as needed

1 3/8 ounce green seaweed

Dressing:

3 tablespoons vinegar

1 teaspoon soy sauce

1 tablespoon sugar

2 teaspoons

kelp-flavoured fish stock

Directions:

Slice cucumbers and radishes into thin rounds; salt and leave until dehydrated. Wash with water and squeeze out brine.

Pour boiling water over green seaweed and cut into bite-size pieces.

Thoroughly mix dressing ingredients and add to cucumbers and seaweed just before serving.

Pasta Salad As A Healthy Alternative

Pasta has always been associated with weight and a heavy feeling. True, pasta is rich in carbohydrate, a food group most often than not, shunned by weight watchers. However, there are still people who find it hard to avoid this altogether. And they are right in thinking so.

Although it tends to add weight if taken in excess, carbohydrate is very important because it gives the body the energy it needs to enable it to do its work properly. So for those who cannot give up pasta, there is an alternative.

Instead of having it the traditional way (with meat and bacon, and cream and all the fatty substances), why not have it as a salad? Below are three fantastic recipes gathered from all over:

TURKEY PASTRAMI AND PASTA SALAD

Ingredients:

- 3/4 lb. TURKEY PASTRAMI, cut into 1/2 inch cubes
- 8-ozs. rotini, cooked and drained
- 1 14-oz can artichokes, drained and cut into quarters
- 1 cup carrots, chopped (2 medium)
- 1/2 cup chopped onion (1 medium)
- 1/2 cup chopped celery (1 stalk)
- 1 4-oz can black olives, drained and sliced
- 3 Tbsp olive oil
- 3 Tbsp white wine vinegar
- 1 /2 tsp garlic, minced
- 1/2 tsp salt
- 1/2 tsp pepper
- 6 lettuce leaves

Instructions:

1. In large bowl, combine pastrami, rotini, artichoke, carrots, onion, celery and olives.
2. In small bowl, combine oil, vinegar, garlic, salt and pepper. Toss together with pastrami mixture and refrigerate for 1 hour.
3. Serve on lettuce leaves.

APPLE PASTA SALAD**Ingredients:**

- 1 container (8 oz.) plain nonfat yogurt
- 1 can (8 oz.) unsweetened crushed pineapple, undrained
- 1/2 tsp salt, optional
- 1/4 tsp garlic powder
- 1/4 tsp dry mustard
- 1 tsp finely chopped crystallized ginger
- 1 Tbsp honey
- 2 cups uncooked rotini pasta
- 1/2 cup shredded carrot
- 1 cup sliced celery
- 1/4 cup sliced green onions
- 1/4 cup raisins
- 3 cups diced, unpeeled apples (suggested: Empire, Gala, Ida Red, Jonagold, Jonathan, McIntosh, Red Delicious, or Rome)

Instructions:

Thoroughly combine yogurt, pineapple, salt, spices, ginger, and honey; refrigerate. Cook pasta according to package directions, omitting salt. Rinse with cold water and drain thoroughly. Cool completely. In large bowl, combine all ingredients including yogurt dressing. Chill thoroughly before serving.

GARDEN PASTA SALAD

Ingredients:

1 can (16-ozs) mixed fruit in juice or extra light syrup

1/4 cup white wine vinegar

1 pkg. (8-oz) spinach spiral pasta

2 tsp cornstarch

1 Tbsp basil

2 cloves garlic, minced

1 cup cherry tomatoes, halved

1 cup celery, sliced

1/2 cup green onion, thinly sliced

- Romaine lettuce leaves

Instructions:

Drain mixed fruit, reserving liquid. Drizzle fruit with vinegar and set aside. Cook pasta in boiling water until tender; drain and cool slightly. Meanwhile, in small saucepan, whisk together reserved liquid, cornstarch, basil, and garlic.

Stir over medium heat until mixture thickens and boils. Remove from heat; stir in mixed fruit and vinegar. Toss pasta with tomatoes, celery, and green onion. Fold in fruit and sauce; chill. Spoon onto Romaine lettuce to serve.

Satisfying And Light Chicken Salad Recipes

Chicken has grown to be the favored meat especially in Asia. Mainly because chicken do not have the same strong taste like say, beef, it has become a favorite addition to salad recipes. The combination cannot be any greater, the filling effect of the chicken without the strong taste to clash with the light, fresh taste of the fruits, vegetables and dressing.

Below are two widely researched recipes that are guaranteed to satisfy your salad cravings. So what are you waiting for? Get your choppers ready and let's start making that salad!

CURRIED CHUTNEY CHICKEN SALAD

2 whole chicken breasts (or about 5 cups cubed cooked chicken)

1 cup seedless white grapes, cut in half

1/2 fresh pineapple, peeled, cored, and cut into cubes.

Greens of your choice for serving

1/2 cup chopped pecans, toasted.

1/2 cup thinly sliced green onions, white and green parts

Dressing:

1/3 cup bottled Major Grey's chutney, large pieces chopped.

1 teaspoon curry powder

1 cup mayonnaise, homemade or high-quality purchased.

1/2 teaspoon salt

1 tablespoon grated lime zest

1/4 cup fresh lime juice

Roast the chicken. When it is cool enough to handle, remove the skin from the chicken. Pull the meat off the bones and cut into 1/2-inch cubes. Place the meat in a large bowl. Add the grapes and pineapple.

For the dressing, in a bowl, whisk together the chutney, curry powder, mayonnaise, lime zest, lime juice, and salt. Pour the dressing over the chicken mixture. Toss gently but thoroughly. At this point, you may refrigerate the salad for up to 3 hours, or turn it out onto a platter lined with lettuce leaves, chill briefly, and serve. Sprinkle the pecans and green onions over the salad before serving.

MEXICAN CHICKEN SALAD RECIPE

INGREDIENTS:

1/4 cup cider vinegar

3 Tbsp. honey

1-1/2 tsp. cumin

1/4 tsp. salt

pepper to taste

1 Tbsp. olive oil

2 whole chicken breasts, skinned, boned, and cut into 2" strips

1/2 tsp. garlic salt

16 oz. pkg. frozen corn

1 cup chopped plum tomatoes

15 oz. can black beans, rinsed and drained

1 green onions, chopped

1 red bell pepper, chopped

10 oz. pkg. lettuce mix

2 avocados, peeled and chopped

2 cups shredded Monterey Jack cheese

3 cups slightly crushed blue corn tortilla chips

1 cup sour cream

10 oz. jar thick and chunky salsa

Combine salt, vinegar, cumin, pepper, and honey and mix well; set aside.

Heat oil in skillet. Sprinkle chicken with garlic salt, then saute in pan until white, about 5 minutes.

Combine cooked chicken, corn, tomatoes, black beans, onions, and red peppers in large bowl. Stir in dressing. Chill for an hour. Mix chicken mixture with lettuce. Serve along with avocados, cheese, tortilla chips, sour cream and salsa.

Shrimp Salad Recipes to Tickle the Palate

It is always fascinating to combine shrimp with salad. The toughness of the meat contrasts with the crispiness of the greens that makes for a really appetizing starter. Below you will find some of the most fascinating shrimp salad recipes that I've come across with. Do feel free to try them at home.

SHRIMP SALAD JOAQUIN

1 pound shrimp, cooked

1 cup chopped green onions

2 tablespoons olive oil

3 cloves garlic -- minced

2 cups water

1/2 teaspoon Tabasco sauce

3 teaspoons chicken bouillon

1 teaspoon red pepper

1 cup rice

2 tomatoes -- chopped

1 bell pepper -- chopped

In large bowl, combine shrimp, onions, garlic and oil. Cover and refrigerate overnight. Cook rice in water with bouillon, hot sauce, and red pepper for 20 minutes. Let cool.

Add tomatoes and bell peppers. Add rice mixture to shrimp mixture. Refrigerate until chilled.

SHRIMP SALAD RECIPE

INGREDIENTS:

2 cups cleaned shelled shrimp

1/4 cup finely chopped sweet pickle

1/2 cup French dressing, below

1 small onion cut in rings

mixed salad greens

PREPARATION:

Mix together shrimp, sweet pickle, and French dressing. Serve over mixed greens and top with onion rings.

Shrimp salad serves 3 to 4.

French Dressing

2 tablespoons fresh lemon juice or vinegar

1/3 cup olive oil

1/2 teaspoon salt

dash pepper

1/4 teaspoon dry mustard

dash cayenne, optional

Whisk together all ingredients in a cup small bowl.

SHRIMP SALAD WITH ANGEL HAIR PASTA

INGREDIENTS:

4 cups cooked and drained spiral or shell pasta or (any you prefer)

1 cup frozen peas (thawed)

1/2 cup chopped green pepper

2 cups fine shredded cheese (cheddar or mixed)

1/2 cup finely chopped onion

1/2 cup chopped sweet red pepper

1/2 cup finely shredded carrot (may omit)

2 cups imitation crabmeat shredded

2 cups Ranch or Peppercorn Ranch Dressing (bottled)

2 cups halved cherry tomatoes

1/2 cup of parmesan cheese (optional)

PREPARATION:

Cook pasta until done but not overcooked. Cool under cold running water; drain well. In large bowl combine all ingredients except tomatoes and Parmesan cheese. Toss gently but blend thoroughly. Refrigerate 3-4 hours.

If texture is dry add more dressing, top with tomatoes and parmesan cheese.

SHRIMP SALAD WITH CELERY

INGREDIENTS:

2 cups cooked shrimp, halved lengthwise and chilled

1 cup thinly sliced celery

1 tablespoon finely minced onion

1 tablespoon fresh lemon juice

1/2 cup mayonnaise

salt and pepper to taste

Romaine lettuce or mixed greens

thinly sliced tomatoes

avocado slices, optional

cherry tomato slices, optional

PREPARATION:

In a medium bowl, mix shrimp with celery, onion, lemon juice, mayonnaise, and salt and pepper to taste. Serve on a bed of romaine lettuce and thinly sliced tomatoes or mixed greens. Garnish with avocado slices or cherry tomato slices.

Tasty And Healthy Spinach Salad Recipes

Think spinach and the cartoon Popeye comes to mind. It is not so much of a mystery why the creators have decided to create this character. It is the only way to convince kids to eat their spinach. High in iron and vitamins, the spinach has a slightly bitter taste that needs a little getting used to. But with the following preparations, even most discriminating kids will come in for seconds.

24-HOUR SPINACH SALAD RECIPE

Ingredients:

1 pound Fresh Spinach -- torn in pieces

1 pound Bacon -- chopped

1 Head Lettuce -- torn in pieces

1 medium red onion -- diced

6 Eggs, Hard-Boiled -- cut in wedges

3/4 cup Mayonnaise

3/4 cup Miracle Whip

8 ounces Swiss cheese

Directions:

This is a layered salad, don't mix until serving time.

Place prepared spinach in bottom of large bowl, sprinkle with salt, pepper and 1 tablespoon of sugar. Add prepared bacon, do not mix. Add onion and prepared lettuce, add the eggs.

Mix both mayonnaise and Miracle Whip and pour over eggs, cut up the Swiss cheese and place over mayonnaise. Cover and let the salad set for 24 hours. Mix and stir just before serving.

WILTED SPINACH SALAD WITH WARM DRESSING RECIPE

Ingredients:

2 heads spinach; torn

1 small can mandarin oranges; drained

1 avocado; sliced

Dressing

2 teaspoons sugar

2 green onions; sliced

4 slices bacon; chopped

1/4 cup red wine vinegar

2 tablespoons water

Directions:

Tear spinach into bowl; season with salt and pepper. Fry bacon crisp; add vinegar, water, sugar and onion; heat to boiling. Pour over spinach. Toss until wilted. Add mandarin oranges and avocado.

SPINACH FLAMBE RECIPE

Ingredients:

6 bunches spinach -- washed and dried

6 hard-boiled eggs -- sliced

1/4 teaspoon salt

1/2 teaspoon ground pepper

12 strips bacon, crisply fried -- chopped

3/4 cup bacon drippings

1/2 cup malt vinegar

1/4 cup lemon juice

4 teaspoons sugar

1 teaspoon Worcestershire sauce

1 1/2 ounce brandy (100 proof)

Directions:

Tear spinach into bite-sized pieces and place in large salad bowl. Add egg slices, salt and pepper.

Mix remaining ingredients except brandy in small saucepan and heat until very hot. Heat brandy briefly, add to saucepan and ignite. Pour flaming dressing over spinach and toss gently but thoroughly. Serve on warm salad plates.

SHRIMP AND GRAPEFRUIT SPINACH SALAD RECIPE

Ingredients:

3 pink grapefruit

3 tablespoons wine vinegar

2 teaspoons Dijon mustard

Salt and pepper

1/2 cup vegetable oil

1 tablespoon vegetable oil

1 1/2 pound large shrimp, peeled and deveined

1 1/2 pound spinach, stems trimmed and leaves washed well

1/2 red onion, thinly sliced

Directions:

With a sharp knife, peel the grapefruit, removing all the bitter white pith. Slice about 3/8 inch thick. In a large bowl, whisk together the vinegar, mustard, and 1/8 teaspoon each salt and pepper. Drizzle in 1/2 cup of the oil, whisking to combine. Season the shrimp with 1/2 teaspoon salt and 1/8 teaspoon pepper.

In a large nonstick skillet, heat the remaining tablespoon oil over medium heat. Add the shrimp, and cook, turning once, until pink, about 3 minutes per side. Add the grapefruit, cooked shrimp, spinach, and onion to the vinaigrette in the large bowl. Toss well.

The Different Kinds Of Salad Dressings

You would initially think that salad dressings are all the same, that the dressing for a particular salad tastes good once mixed with a different salad. If you do think so, then you are most definitely wrong. There are various types of salad dressings to make each salad's taste perfect and more delicious.

If you are thinking of having a yard salad served on your get-together, then you must know that yard salads require its special kind of salad dressing. You have to prepare a tablespoon of raw honey. Do not risk your life trying to evade stings of bees for raw honey can now be bought in grocery stores. You will also need 1/3 cup of lemon juice; fresh ground pepper for that awesome taste; a teaspoon of minced fresh tarragon; and 2/3 of cup that contains olive oil.

Dissolve the honey in lemon juice first. After that, add the tarragon and pepper, and then stir. Afterwards, add the olive oil in a cruet. Shake the cruet vigorously to prevent any clotting of the mixed substances, and also for a better blend. Once done, just acquire of a few tablespoonfuls for your yard salad, the remains can be used for later use.

Things will be different for parsley dressing. You will be needing, not one, but three tablespoons of olive oil; two tablespoons of lemon juice and another two for chopped parsley; and ¼ of a teaspoon that holds onion powder. Once you are done preparing the ingredients you need for you self-made parsley dressing, beat the olive oil, lemon juice and onion powder well. Afterwards, add the chopped parsley. When you already want to serve it, confident that your parsley dressing tastes good, do so on lettuce wedges.

Making a honey mustard dressing is another story. You must prepare a half cup of spring water, so it is supposed that you need to go hiking for a fresh water spring; a half cup of olive oil; one teaspoon of mustard powder; 1/8 teaspoon of garlic powder; two tablespoonfuls of honey; and a pinch of white pepper. The ingredients do not change if you want to make a peppercorn dressing, but you just need to add up 1/8 of a teaspoon of white pepper.

There is also such thing as a lime, oil and garlic dressing. You just need ¼ teaspoon of kosher salt, and you may add a little more if you think it is necessary; one teaspoon of garlic which you have chopped into fine pieces; two tablespoons of finely chopped shallots; one cup of extra virgin olive oil; 1/3 cup of lime juice, you may use lemon if you have no supply of the former, you may also add more if needed; and freshly ground black pepper.

Use a small bowl and whisk the salt, garlic and shallots in it, together with the lime juice. Continue doing so and do not stop until the salt is dissolved. Slowly whisk in the olive oil until the mixture is emulsified. Taste it to be sure if it is the kind of mixture that you want. Season your creation with pepper and a little more salt, and add a little more lime juice.

There are even more styles of salad dressings and each one is perfect for a particular salad. Making these various salad dressings are very easy, all you need is patience. It is very easy to look for the aforementioned ingredients, but what is not easy is when you are already making it. You have to be patient when making salad dressings because the processes used for them may take some time. If you are not patient, then your salad dressing will not taste good.

Who would want to eat a salad with a foul-tasting salad dressing? Nobody, that's who.

The What's And How's Of A Macaroni Salad

Macaroni salads are, indeed, extremely delicious. Once you squeeze them into your mouth, you just can't stop doing so. They are just so delicious; you just can't get enough of them. Why is that? What is in these savory salads that make them taste so good?

Just so you would know, macaroni salads are made with cooked elbow macaroni pasta that are often served cold and usually done so with mayonnaise. It is often served with the accompaniment of barbecue or other entrees served in a picnic.

And just like all the other salads, there are also regional or national variations in preparing macaroni salad. For instance, in Australia, they have given the term Pasta Salad to macaroni salads due to the fact that it is made with shell pasta pieces, which are cooked, and can also be bought from various grocery stores.

However, if you would rather prefer making your own homemade macaroni salad, the better, for it will then have that personal taste. The ingredients you will need are not hard to find and the procedure of making it is not hard to follow and do as well.

You just need six eggs that you must hard-boil earlier in the day; one and a half diced ham, which you have cooked earlier; a half cup of diced celery; two cups holding macaroni that you have already cooked prior to this procedure; one chopped sour pickle, no problem looking for this one for almost all pickles have a sour taste; mayonnaise of any brand that you prefer; ¼ cup of chopped stuffed olives; salt and pepper to serve as the tasty condiments; and also different kinds of salad greens like lettuce, cabbage, and other sorts of fresh green vegetables.

The procedure is very user-friendly, you just have to read well and focus as not to put in the wrong ingredient at the wrong time. Once you are done preparing the aforementioned ingredients, you can set your homemade macaroni salad on a nice bowl for beautification purposes. Just add mayonnaise so that your salad will moisten. Season your creation for a delicious taste, and for that grandeur finish, serve your self-made macaroni salad on fresh salad greens.

Macaroni salads are definitely easy to make and are, indeed, delicious. Therefore, do not prolong your stomach's agony and make that macaroni salad that your stomach has long been waiting for.

Toss Salad for A Quick and Easy Fix

The thing about Toss salads is that bulk of the effort would come from making the dressing. The salad is mainly made up of greens such as lettuce, cabbage and romaine's. The reason why these are called tossed salad is because preparation for this is just tossing together all the ingredients.

Meaning, all the greens and other twist which one may opt to add in it. Some of the add-ons may include sausages, fruits, chips and basically anything else that might come up in one's imagination. With a prepared dressing, it only takes one as little as five minutes to prepare this recipe. Below are some recipes which one can try out at home.

Parmesan Vegetable Toss

2 C. mayonnaise or salad dressing

1/2 C. grated Parmesan cheese

1/4 C. sugar

1/2 tsp. dried basil leaves

1/2 tsp. Salt

4 C. fresh broccoli

4 C. fresh cauliflower

1 red onion, sliced

1 can (8 oz) sliced water chestnuts, drained

1 head iceberg lettuce, torn

1 lb. sliced bacon, cooked and crumbled

In a large bowl combine mayonnaise, Parmesan, sugar, basil and salt.

Add broccoli, cauliflower, onion and water chestnuts. Toss.

Cover and refrigerate several hours or overnight.

Just before serving, place lettuce in a salad bowl and top with vegetable mixture. Sprinkle with bacon.

Top with croutons if desired.

CLASSIC TOSSED SALAD RECIPE

Ingredients:

- 1 head romaine lettuce
- 1 head red leaf lettuce
- 6 ounces crumbled feta cheese
- 1 (6 ounce) can sliced black olives
- 1 (4 ounce) package blanched slivered almonds, toasted
- 2 tablespoons sesame seeds, toasted
- 6 cherry tomatoes, halved
- 1 red onion, sliced
- 6 fresh mushrooms, sliced
- 1/4 cup grated Romano cheese
- 1 (8 ounce) bottle Italian-style salad dressing

Directions:

Chop, wash and dry the romaine and red leaf lettuces. In a large salad bowl, combine lettuces with feta cheese, olives, almonds, sesame seeds, tomatoes, onion, mushrooms and Romano cheese. When ready to serve, add the Italian dressing and toss thoroughly.

CONFETTI TOSSED SALAD RECIPE

Ingredients:

15 ounces Italian Blend or Spring Mix salad greens
16 ounces sausages, lightly rinsed, well drained
2 cans (11 oz. size) mandarin oranges, drained
1 1/2 cup dried cranberries
1 medium apple, cored and diced
1 cup fresh raspberries
1 cup pecan pieces
1/3 cup extra sharp shredded cheddar cheese
3 tablespoons extra virgin olive oil
2 tablespoons cider vinegar
2 tablespoons seedless raspberry jam, softened in microwave
1/2 cup frozen (whole) raspberries, thawed, with juice
1/8 teaspoon pepper

Directions:

Salad: In large salad bowl, toss greens and Sauerkraut together. Top with oranges, cranberries, apple, fresh raspberries, pecans, and cheese.

Dressing: In a small bowl, blend together olive oil, vinegar, jam, thawed raspberries, and pepper.

Drizzle a few tablespoons of the dressing over the salad for moistness and color; serve remainder on the side.

What You Need To Know About Potato Salads

Potato salad is a dish, usually an appetizer, made, obviously, from potatoes. However so, it still varies throughout different countries and regions of the world. Potato salads are more classified as side dishes than salads for they generally just precede or follow the main course.

Many would claim on having made the best potato salad and would offer the truest and most authentic way of making it. But no matter what is said by many, the best potato salad, or any kind of salad at that matter, is purely of personal preference. Some like their potato salads mingled and just oozing with its dressing, some would prefer theirs to be really soft and tender, and others would want their potato salad to be crispy.

Potato salads are often served along with hot dogs, barbecue, hamburgers, roasts and cold sandwiches. This kind of salad is categorized more as a casual fare and more often served during outdoor barbecues, picnics, and other sorts of casual events or meals. But this fact is not stated to underestimate their savory goodness.

Potato salads are definitely a popular menu choice of various chefs and cooks for preparing food for a large crowd, and since they can be made in large quantities with utter ease, they can also be made in advance and kept in the refrigerator until it is their time to be served.

You must never worry about emptying your wallet when going to the grocery store to buy whatever ingredients you need for your potato salad. The ingredients needed for potato salads are inexpensive and very much affordable. Thus, you do not have to worry about making one yourself because it is, in fact, quite easy.

You would need two pounds, or approximately six large potatoes which are peeled and quartered; two stalks of chopped celery; one finely chopped onion, of which you could cook using a microwave on high level for just one minute to be able to reduce that hotness, if you want, that is; four green onions that you have sliced for just $\frac{1}{4}$ of an inch thick; one large carrot, shredded; $\frac{1}{4}$ cup of a sweet pickle relish; $\frac{1}{4}$ cup of chopped red onion; one teaspoon of dry parsley; a half teaspoon of mustard seeds; you would also need pepper or salt for the taste, along with balsamic or wine vinegar, and also with yogurt or a nonfat mayonnaise.

Of course you have to cook the potatoes in boiling water for approximately fifteen minutes, or when the potatoes are already barely tender. You have to check every minute or so after the first ten minutes have gone by. Once you have confirmed of the cooked status of your potatoes, cut them into smaller pieces. After that, just leave them be so that they will cool down. Then, you should mix the other ingredients you have also prepared in a large bowl. Once you are confident that you mixed them finely, add your already cooled potatoes, and then mix them, altogether, well.

When all these are done, chill your self-made potato salad, but just do not forget to stir it a couple of times during the chilling time you have allotted for it.

Cooking Resources: