

Sensational Salads

Make Your Own Salad Dressings

Commercial salad dressings are often loaded with sodium. Homemade dressings are full of flavor, simple to make, usually cost less and fun to experiment with.

Classic Vinaigrette Dressing

3 parts oil – choose heart-healthy oils
1 part acid such as vinegar, lemon juice, orange juice
Salt and pepper to taste – omit salt to reduce sodium

Start experimenting by beginning with 2 parts oil to 1 part vinegar or citrus juice.

Additional ingredients to try:

Minced shallots, onions or garlic (fresh or dried)
Fresh or dried herbs – basil, oregano, dill, tarragon, parsley, chives
Adding Dijon mustard to dressing adds even more flavor and will emulsify the dressing.

Poppyseed Vinaigrette

This dressing is delicious on spinach or other strong-flavored greens. It's so flavorful that a little dressing goes a long way. Try adding seasonal fruits such as strawberries or peaches, nuts, and a sprinkle of feta cheese.

1/3 cup canola or olive oil
1/3 cup honey or maple syrup
1/3 cup vinegar (try various types: balsamic, raspberry, or rice vinegars are good)
1 Tbsp. poppyseeds
1/2 tsp. black pepper
1 Tbsp. Dijon mustard (whole grain adds nice texture)

Combine all ingredients in a small bowl or jar. Whisk or shake to mix.

Source: Viva Salad Greens, Utah State Extension

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U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A. & M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating.

Brown Rice Tabbouleh

3 cups cooked brown rice	¼ cup sliced green onions
¾ cup chopped cucumber	¼ cup olive oil
¾ cup chopped tomato	¼ cup lemon juice
½ cup chopped fresh parsley	½ tsp. salt
¼ cup chopped fresh mint leaves	¼ tsp. freshly ground black pepper

Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl. Toss well and chill.

Serves 6

Calories 201, Total Fat 10g, Sodium 204mg, Total Carbohydrate 25g, Dietary Fiber 2g, Protein, 3g

Recipe courtesy of the USA Rice Federation. www.usarice.com

Carrot Cake Salad

3 cups grated carrots	1 cup light yogurt
¼ cup raisins	½ tsp. ground cinnamon
¼ cup chopped walnuts	1/6th tsp. ground nutmeg
½ cup diced pineapple (fresh or canned in water)	1/6th tsp. ground cloves

Mix all ingredients and serve.

Notes:

Try serving this salad in a footed glass with a dollop of vanilla yogurt for garnish.

You can also use a ¾ teaspoon of pumpkin pie spice instead of the cinnamon, nutmeg and cloves.

Serves 4 Serving Size: 1 cup

Calories 163, Total Fat 6g, Sodium 102g, Total Carbohydrate 24g, Fiber 4g, Protein 6g

Source: <http://www.communicatingfoodforhealth.com>

Warm Kale Salad

½ teaspoon olive oil	1 tsp. dried oregano
½ cup onion	Cracked black pepper
3 cups raw kale, chopped	Balsamic vinegar
2 each tomatoes	

1. Heat a large, nonstick skillet over medium-high heat.
2. Sauté onion in olive oil until golden brown, about 3 minutes.
3. Add tomatoes, kale and oregano and cook until kale is wilted and tender, about 3 minutes.
4. Add fresh cracked black pepper and a dash of balsamic vinegar. Serve warm.

Spinach Salad with Blueberry Balsamic Vinaigrette and Fresh Blueberries

Yield: 4 servings

Ingredients:

12 oz. Spinach, fresh with stems removed	¼ tsp. black pepper, finely ground
3 oz. fresh blueberries	¾ cup extra virgin olive oil
¼ cup balsamic vinegar	12 each grape tomatoes
1 tbsp. sugar, granulated	2 slices red onion, cut into thin rings
2 tsp. fresh garlic, minced	4 tsp. sunflower seeds, toasted
¼ tsp. salt	

Directions for Dressing:

1. Place sugar, 2 oz. of the fresh blueberries, and balsamic vinegar into a saucepot.
2. Place saucepot over medium heat and warm until sugar is melted and blueberries are soft.
3. Transfer balsamic-blueberry mixture into a blender and blend until blueberries are completely pulverized.
4. Strain mixture through a sieve into a clean bowl (you can place into a jar with a lid for easier mixing and storing).
5. Add fresh garlic, salt and black pepper to balsamic-blueberry liquid.
6. Vigorously whisk extra virgin olive oil into the balsamic-blueberry mixture (if using a jar with a lid, place oil into jar with vinegar mixture, secure top, and shake vigorously).
7. Transfer dressing to a container for storage in a cool, dry area.

Directions for Salad:

1. Place spinach into a bowl.
2. Toss with desired amount of dressing.
3. Place on a clean plate and top each salad with 3 tomatoes, 3 red onion rings, 1 tsp. of sunflower seeds and ¼th of the remaining blueberries

Source: www.extension.org

Taco Salad

Salad greens	Radishes, sliced
Black beans, rinsed and drained	Green onions, sliced
Corn, canned or frozen, drained	Avocado, sliced
Tomatoes, diced	Tortilla chips, broken into bite-sized pieces

Combine all ingredients in the proportion that you like. Dress with a combination of sour cream and salsa or another dressing of your choice.

Source: Viva Salad Greens, Utah State Extension

Cool Cauliflower Salad

1 medium head cauliflower, broken into florets	1 tsp. Dijon mustard
½ cup celery, sliced into ½ inch pieces	1 Tbsp. extra virgin olive oil
¼ cup of water	2 cloves garlic, minced
1 Tbsp. red wine vinegar	½ tsp. Italian seasoning
1 Tbsp. lemon juice	1/8 tsp. red pepper flakes
	Salt and freshly ground black pepper

1. Steam cauliflower florets 6 to 7 minutes or until desired tenderness. In large bowl, combine cauliflower and celery.
2. In small mixing bowl, combine remaining ingredients. Whisk together to mix well.
3. Pour dressing mixture over vegetable mixture and toss gently to thoroughly coat.
4. Cover and chill 2 or more hours. Serve chilled.

Makes 6 servings.

Per serving: 50 calories, 2.5 g total fat (0 g saturated fat), 6 g carbohydrate, 2 g protein, 2 g fiber, 55 mg sodium.

Source:

http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23040&news_iv_ctrl=1126

Beetroot Garden Salad

¾ cup quinoa, rinsed and drained	1 large red onion, finely diced
1½ cups water	4 shallots or spring onions, finely chopped
1 lb. cooked beets, diced	2-3 radishes, finely sliced
2 celery stalks, finely sliced	1 (14 oz.) can cannellini beans, rinsed and drained
½ green pepper, diced	1 cup parsley, chopped
1 medium carrot, finely diced	

Dressing

1 clove garlic, pressed or finely grated	2 Tbsp. red wine vinegar
Salt and pepper to taste	5 Tbsp. Extra virgin olive oil

1. Place quinoa in a small saucepan with the water, bring to a boil and reduce heat. Cover and simmer for 10 minutes until the water is absorbed. Remove from the heat and cool completely.
2. Place cooled quinoa in large bowl with salad ingredients.
3. Mix dressing ingredients. Adjust seasonings to taste.
4. Pour over salad and toss to combine.

Serves 6 - 10

Lentils with Cumin Vinaigrette

1 cup green, brown, or red lentils

2 cups water or vegetable stock

Cumin vinaigrette:

1 large shallot, finely chopped

¼ cup olive oil

1 tsp. ground cumin

2 Tbsp. balsamic vinegar

1 Tbsp. lemon juice

Pinch cayenne

Salt and pepper to taste

1. Place the vegetable stock or water in a large pot with the lentils.
2. Cook over high heat until it comes to a boil. Lower heat to simmer and cover.
3. Cook until lentils are tender but not mushy – 15 minutes to 1 hour depending on the type and size of lentil. Drain and place in a large bowl.
4. Make the vinaigrette by heating the oil in a medium skillet.
5. Add the shallots and cook on medium heat for 1 minute.
6. Add the cumin and cook 1 minute more.
7. Remove from heat and add the vinegar, lemon juice, cayenne, and salt.
8. Add the vinaigrette to the warm lentils and stir.

Serving Size: ½ cup. Serves 4

Calories: 229, Carbohydrates: 18 g, Fiber: 7 g, Protein: 8 g, Fat: 13 g, Sodium: 216 mg

Source: <https://medinsteadofmeds.com/>

Greek Salad

Spinach

Tomatoes, diced

Cucumbers, sliced

Red onion, sliced paper-thin

Feta cheese

Sunflower seeds

Kalamata olives, pitted

Pepperoncinis

Vinaigrette Suggestion:

½ cup olive oil

¼ cup red wine vinegar

1 tsp. garlic powder

1 tsp. dried oregano

¼ cup lemon juice

Salt and pepper

1. Combine all salad ingredients in the proportion that you like.
2. Whisk oil, vinegar, garlic powder, oregano and lemon juice in bowl to blend. Season to taste with salt and pepper. Add a little vinaigrette to salad and toss to coat.

Source: Viva Salad Greens, Utah State Extension

Turning Your Salads into a Main Meal

Choose salad green(s)

Choose vegetables/fruits to add

Add a protein source: cheese or another protein-rich option

Add some crunch

Salad Greens	Vegetables	Fruits	Cheeses	Other Protein Options	Crunch
Romaine	Broccoli	Pineapple	Mozzarella	Kidney beans	Croutons
Red Leaf	Carrots	Apples	Feta	Black beans	Seeds
Green Leaf	Beets	Pears	Parmesan	Pinto beans	Nuts
Spinach	Olives	Mangoes	Blue Cheese	Garbanzo	Tortilla chips
Spring Mix	Corn	Strawberries	Cheddar	beans	(crumbled)
Iceberg	Celery	Dried	Cottage	Almonds	Pepperoncinis
Mache	Avocado	cranberries	Cheese	Pecans	Small crackers
Cabbage	Tomatoes	Oranges		Walnuts	
Arugula	Cucumber	Grapes		Cashews	
Dandelion	Onion	Raisins		Pine Nuts	
greens	Sprouts			Chicken or	
Baby beet	Peas			Turkey	
greens	Bell Pepper			Beef or Pork	
Mesclun	Cauliflower			Tuna or	
	Radishes			Salmon	
				Sunflower	
				seeds	
				Pumpkin	
				seeds	
				Hard-boiled	
				eggs	

Source: Viva Salad Greens, Utah State Extension

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Quick & Easy Salad Dressings

(Much better than store bought!)

MHS Secret Recipe Salad Dressing

8 Tbsp. olive oil
2 tsp. Dijon mustard
2 garlic cloves, crushed
3/4 tsp. salt
3 Tbsp. balsamic vinegar
1 Tbsp. sugar

Mix everything together and store in airtight container. Goes well over most any green salad. Great over steamed vegetables, too.

Honey Mustard Salad Dressing

1 1/3 c. mayonnaise
3 Tbsp. prepared mustard
3 Tbsp. honey
3 Tbsp. vegetable oil
1 Tbsp. apple cider vinegar
1 dash cayenne pepper
1 dash onion powder

Combine all in a bowl and store in refrigerator.

Honey Balsamic Vinaigrette

1/2 cup balsamic vinegar
1 small onion, chopped
1 Tbsp. soy sauce
3 Tbsp. honey
1 Tbsp. white sugar
2 cloves garlic, minced
1/2 tsp. crushed red pepper flakes
2/3 c. extra-virgin olive oil

Place the vinegar, onion, soy sauce, honey, sugar, garlic, and red pepper flakes into a blender. Puree on high, gradually adding the olive oil. Continue pureeing 2 minutes, or until thick.

Tomato Basil Salad Dressing

2 c. tomatoes, coarsely chopped
3 Tbsp. olive oil
3 tsp. red wine vinegar
2 Tbsp. fresh basil, torn or coarsely chopped
Salt and pepper, to taste

Combine all ingredients in a blender and blend until smooth. Keep tightly sealed in a jar or bottle in the refrigerator for a week.

Tomato Cilantro Salad Dressing

1 14.5 oz. can tomatoes, (Diced, Fire-Roasted or Plain)
1/4 c. olive oil
3 Tbsp. balsamic vinegar
1/4 to 1/3 c. loosely packed cilantro, stems removed
1/2 tsp. salt
1 -2 cloves fresh garlic, minced or pressed
1 tsp. sugar

Put all ingredients in a blender (or use an immersion blender) and blend well. It gets better over a couple of days. But don't hesitate to eat it right away. It's so good you might want to drink it!

Japanese Salad Dressing

1/2 c. vegetable oil
1/4 c. soy sauce
1/2 small onion - chopped
1/2 rib celery - chopped
Juice of 1/2 a lime
2 Tbsp. minced fresh ginger
1 Tbsp. granulated sugar
1 Tbsp. ketchup
1/2 tsp. black pepper

Puree all ingredients in a blender until smooth. Refrigerate at least 1 hour before serving.

Note: Serve over a salad of romaine and iceberg lettuce, shredded red and green cabbage, shredded carrots, chopped green onions, and crunchy chow mein noodles.

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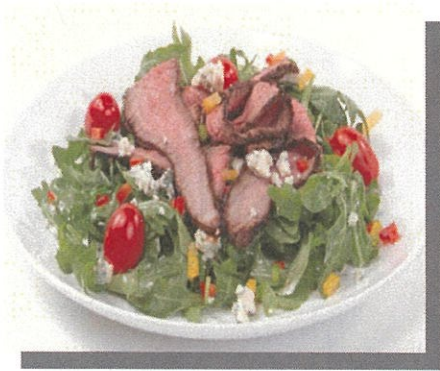
Quinoa Salad



1 c. quinoa	1/2 ts/ red pepper flakes
2 c. water	juice of 1 lime
1 can black beans	1/1/2 c. cherry tomatoes, halved
1/4 c. olive oil	5 green onions, chopped
1 1/2 tsp. cumin	1/2 c. cilantro
1/2 tsp. salt	

Follow cooking directions on the Quinoa package. Drain and rinse black beans. Mix together and chill. Serve chilled.

Florida Steak Salad with Arugula & Blue Cheese



Recipe courtesy of Chef Justin
Timineri with Fresh From Florida

12 ounces cooked Florida beef steak (use leftovers), sliced thin
12 ounces Florida arugula
1/2 c. blue cheese (your favorite), crumbled
16 cherry or grape tomatoes, rinsed
1 Florida bell pepper (your favorite color), diced small
1 lemon, juiced
1 tablespoon olive oil
sea salt to taste

In a medium-sized mixing bowl, add arugula, lemon juice and olive oil. Lightly toss the arugula to coat. Season lightly with salt and pepper.

To serve salad, use four chilled plates. Add an even amount of the dressed arugula to the center of each of the four plates. Top each salad plate with an even amount of sliced steak, tomatoes, blue cheese and bell peppers. Serve cold.

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Create Your Own Salad Dressings

In addition to being expensive, store-bought salad dressing often contain more salt or sugar than recommended for many people. Making your own dressings provides the opportunity to adapt recipes to your personal taste and nutritional needs as well as using healthier oils and reduced fat dairy products.

Another advantage to making your own salad dressing is that you easily reduce the amount you prepare to fit the size of your family. Since these recipes contain dairy products such as yogurt and sour cream within 5 days and oil and vinegar based dressing within two weeks

Cucumber Dill Dressing

1 cup sliced seedless cucumber (peeled if desired)	¼ cup crumbled feta cheese
1 6-oz. container plain nonfat yogurt	Pinch of ground cumin
2 Tbsp. canola oil	2 Tbsp. fresh dill leaves
	Salt and ground black pepper, to taste

In blender, purée cucumber, yogurt, canola oil, feta cheese, cumin, dill, salt and pepper together. Tossed with greens; serve.

Makes 12 servings (2 Tbsp. each).

Per serving: 38 calories, 3 g total fat (1 g saturated fat), 1 g carbohydrate, 1 g protein, 0 g dietary fiber, 45 mg sodium

Options:

- Instead of fresh dill and canola oil, substitute 2 tablespoons of refrigerated dill paste. Product comes in a tube and is found in the refrigerated part of the produce section.
- Other spices to add include ground red pepper and onion powder

Adapted from: <http://www.aicr.org/health-e-recipes/2015/her-567-cucumber-dill-dressing.html>

Zesty Herb Salad Dressing

1 Tbsp. vegetable oil (olive, canola)	½ tsp. basil
2 Tbsp. vinegar	¼ tsp. black pepper
⅓ cup tomato or orange juice	¼ t tsp. salt (optional)
½ tsp. oregano	

Put all the ingredients in a jar or bottle with a lid. Put on the lid. Shake well.

Chill in the fridge for at least 1 hour before serving.

Serving Size: 2 tablespoons dressing, 1/5 of recipe

Nutritional Information: Calories 34, Fat 3g, Carbohydrates 2g, Sodium 466mg or 0g if omit salt.

Source: Penn State Extension <http://extension.psu.edu/health/news/2015/salad-dressing>

Asian Salad Dressing

2 Tbsp. vegetable oil (canola or olive)	2 Tbsp. brown sugar
3 Tbsp. red vinegar	2 Tbsp. lemon juice
2 tsp. soy sauce, low-sodium	½ tsp. garlic powder

Put all the ingredients in a jar or bottle with a lid. Put on the lid. Shake well. Chill in the fridge for at least 1 hour before serving.

Serving Size 2 Tablespoons dressing

Calories 70, Fat 6g, Saturated Fat .5g, Sodium 80mg, Carbohydrates 6g.

Source: Penn State Extension <http://extension.psu.edu/health/news/2015/salad-dressing>

Italian Dressing Mix

1½ teaspoons garlic powder	2 tsp. salt
1 tablespoon onion powder	1 tsp. black pepper
1 Tbsp. oregano leaves	1 tsp. basil leaves
1 Tbsp. dried parsley	¼ tsp. thyme leaves
1 Tbsp. granulated sugar	¼ tsp. celery seed

Mix all ingredients together and store in air-tight container.

To make dressing: Mix 2 tablespoons of mix with ¼ cup vinegar, 2 tablespoons water, and ½ to ⅔ cup olive oil or canola oil. Shake well before using.

★★Tip: adding ½ teaspoon of Dijon mustard will help blend the dressing

Adapted from: www.food.com

Ranch Dressing and Dip Mix

2 Tbsp. plus 2 tsp. dried minced onion	2 tsp. salt
1 Tbsp. dried parsley flakes	2 tsp. pepper
2½ tsp. paprika	1½ tsp. garlic powder
2 tsp. sugar	

Additional Ingredients for Dressing:

1 cup mayonnaise	1 cup buttermilk
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Additional Ingredient for Dip:

1 cup (8 ounces) sour cream

In a small bowl, combine the first seven ingredients. Store in an airtight container in a cool dry place for up to 1 year.

Yield: about 6 tablespoons mix (enough to make 6 batches).

To prepare dressing: In a bowl, combine 1 tablespoon mix with mayonnaise and buttermilk; refrigerate. Yield: 2 cups.

To prepare dip: In a bowl, combine 1 tablespoon mix and sour cream; refrigerate for at least 1 hour before serving. Yield: 1 cup.

<http://www.tasteofhome.com/recipes/ranch-dressing-and-dip-mix#ixzz3Ixjwdmbo>

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ZESTY WHOLE GRAIN SALAD

Serves: 6 | Serving size: 1 1/2 cups

INGREDIENTS

- 2 cups whole grain (brown rice, Kamut™, quinoa)
- 2 tablespoons oil (canola or vegetable)
- 1/4 cup apple cider vinegar
- 1 tablespoon honey
- Salt and ground black pepper to taste
- 2 apples, chopped
- 1/2 cup nuts, chopped (pecans, walnuts)
- 1/2 cup dried fruit (cranberries, cherries, raisins)
- 1 bunch kale or 10 ounce package spinach (about 6 cups) (torn into bite sized pieces)

INSTRUCTIONS

1. Cook whole grain according to package directions. Cool.
2. Whisk together oil, vinegar, honey, salt, and pepper in a large bowl.
3. Stir apples, nuts, dried fruit, and whole grain into dressing.
4. Toss greens with other ingredients.

TIPS

- Nutrition analysis uses 1/8 teaspoon each of salt and pepper.
- Substitute 2 cups of chopped fruit (strawberries, grapes, oranges) for the apples.
- Do not give honey and nuts to infants under one year of age.

Nutrition Facts

Serving Size 1 1/2 cups
Servings Per Recipe 6

Amount Per Serving

Calories 300 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 45g **15%**

Dietary Fiber 5g **20%**

Sugars 16g

Protein 5g

Vitamin A 35% • Vitamin C 35%

Calcium 4% • Iron 6%

**ADDITIONAL RECIPES AVAILABLE AT:
WWW.EXTENSION.IASTATE.EDU/FOODSAVINGS/**

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

June 2015

12 Great Ways to Use...

Hummus

This nutritious, creamy, and tangy Mediterranean spread and dip provides protein, and fiber, which helps keep you feel full after you eat it. You can buy traditional hummus, made from chickpeas, plus varieties made from edamame, white beans, or yellow lentils, plus flavors ranging from lemon to horseradish. Hummus with baby carrots probably heads the list of healthy snacks in America; the duo is delicious, portable, and inexpensive. But if your experience with hummus is limited to this pairing, try these ideas:

- 1.** Use hummus instead of mayonnaise as a spread when making sandwiches and wraps.
- 2.** Make an instant salad dressing by blending hummus, vinegar, and salt and pepper.
- 3.** Blend hummus with chopped eggs, chicken, tuna, or other cooked seafood for a tangy, protein-rich sandwich filling.
- 4.** Mound several tablespoons of hummus into an avocado half for a quick mini-meal.
- 5.** Mash hummus with cooked egg yolks to make a filling for deviled eggs.
- 6.** Spread toast or bagels with hummus, rather than butter or cream cheese.
- 7.** Grill or broil Portobello mushroom caps and then top with a tablespoon of hummus.
- 8.** Serve a bowl of hummus as a sauce for kebabs of all kinds.
- 9.** Toss hot cooked pasta with hummus, season with cracked black pepper, and sprinkle with chopped fresh chives or parsley.
- 10.** Spread hummus on a pizza crust, top with roasted vegetables and olives, and bake at 425°F for about 10 minutes.
- 11.** Stir a spoonful of hummus into scrambled eggs or omelets before cooking.
- 12.** Spread hummus lightly on fish fillets, top with herb-seasoned bread crumbs, and bake at 400°F for 10 to 15 minutes, or until the fish flakes easily with a fork.



Learn more about healthy food choices at www.oldwayspt.org.