

Eat More:
Salad®

By
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Introduction

Eat More: Salad is the first in a series of cook books. The focus in this first edition is salad of course, but more importantly, salad dressings to accompany the freshest veggies. I have compiled the very best tasting dressings for your salads. I hope you enjoy this culinary journey and remember to be creative with the ingredients.



So lets get started!



Table Of Contents

- 1.) Basic Salad Dressing p.5
- 2.) Cousin Kate's Caesar Dressing p.7
- 3.) Linda's Lemony Cuban p.9
- 4.) Kathy's Onion Favorite 2 Ways p.11
- 5.) Mom's Killer Coleslaw p.13
- 6.) Rasa's Hot Bacon Dressing p. 15
- 7.) Salad Garnishes p.17
- 8.) Spicy Green Bean Salad p.19
- 9.) Orange Sesame Dressing p.21
- 10) Watercress Dressing p. 23
- 11) More Dressings p. 24, 25







Basic Vinaigrette

1/4 cup vinegar or fresh squeezed lemon

1 t Dijon mustard

Dash of sugar optional

3/4 cup olive oil

1 Minced garlic clove optional

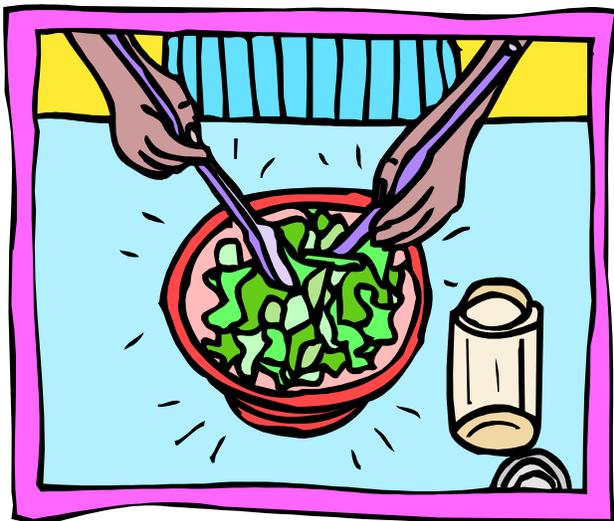
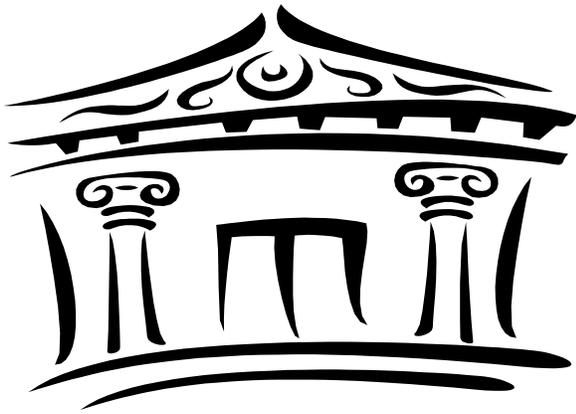
Whisk mustard and olive oil together. Whisk in the vinegar then add optional sugar and/or garlic. Whisk until mixed. Serve with your choice of greens, nuts, cheeses, and vegetables. **Note:** be creative by using different types of vinegars, herb ingredients and oils to achieve *your* favorite dressing. Try pairing Champagne vinegar with tarragon, Balsamic with garlic and/or basil.

Vinaigrette for Two

In a small bowl, whisk 1/2 t Dijon mustard, 1 1/2 T vinegar, pinch of sugar, 3 T oil, 1 t lemon zest, 1/2 t tarragon, add salt and pepper to taste.

T= tablespoon t= teaspoon





Cousin Kate's Caesar Dressing

2 garlic cloves, minced

4 anchovy filets

1/2 t salt

1/2 t fresh ground pepper

1 T freshly squeezed lemon juice

1 t Worcestershire sauce

1/2 t Dijon mustard

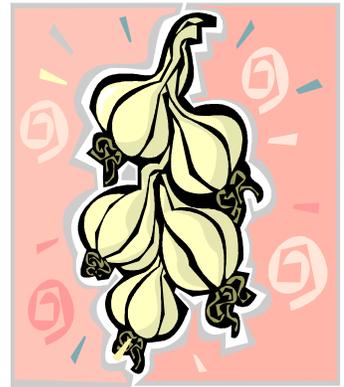
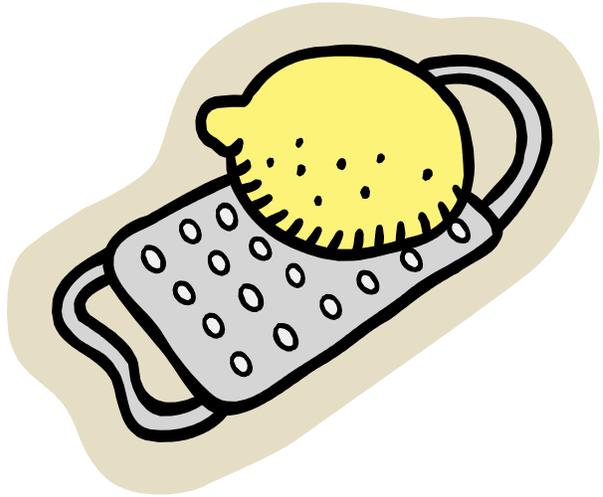
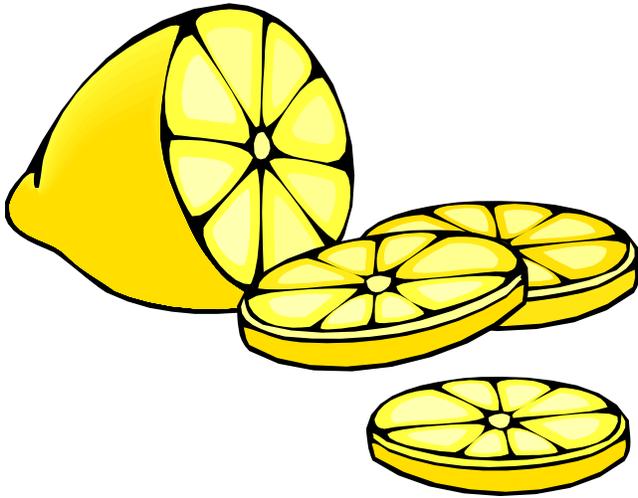
1 cup mayonnaise

1/3 cup sour cream

Place garlic, anchovy filets and salt in a salad bowl, mash these ingredients into a paste. Whisk in the pepper, lemon juice, Worcestershire sauce, and mustard. Whisk in the sour cream and mayonnaise.

Add croutons and grated cheese, necessary ingredients. (Note: Use one egg yolk and 1/2 cup olive oil, instead of mayonnaise and sour cream for the base. Increase salt and pepper to 1 t each for a different version of "Caesar" dressing.)





Lynda's Lemony

1/8 cup white wine vinegar

1/2 cup virgin olive oil (or 1/4 canola oil, 1/4 olive oil to equal 1/2 cup)

4 small cloves of garlic minced

1 T Worcestershire sauce

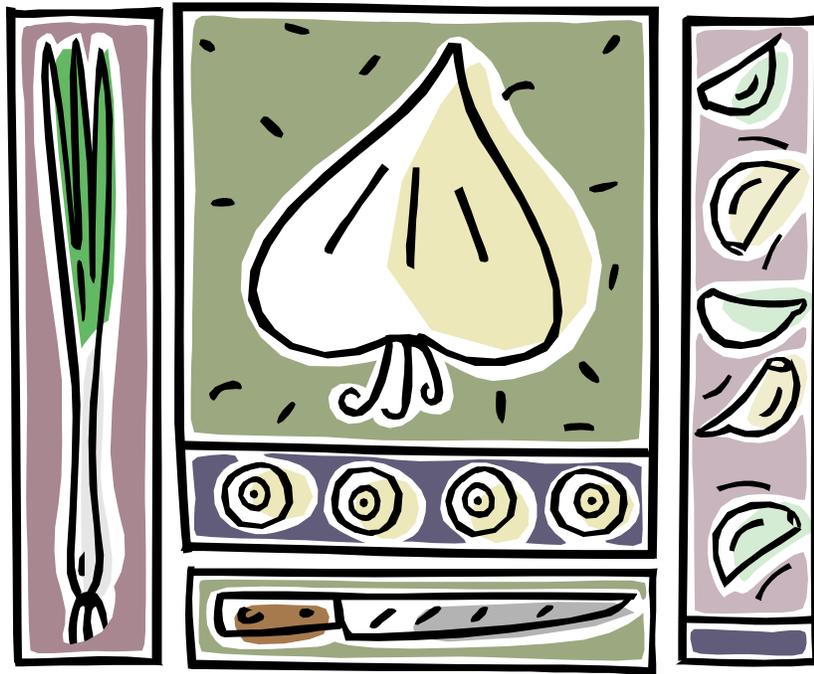
salt and pepper to taste

1/2 t oregano

3 T fresh lemon juice

Whisk garlic, oregano, and Worcestershire sauce in a bowl (optional pinch of sugar). Gradually add the olive oil beating well with each addition. Stir in vinegar and lemon juice, season with salt and pepper. Add to mixed salad greens, garnish with your choice of ham, shrimp, or turkey. Olives and cheeses such as Swiss in cubes and *always* grated Romano. Serves 4.





Kathy's Favorite Onion Dressing 2 Ways

Celery Seed and Onion Dressing

1/4 cup honey

1/4 cup grated onion

1/4 cup sugar

1/2 cup cider vinegar

1 T celery seed

1 cup oil

1 t seasalt

1 t dry mustard

1 minced garlic clove

Combine all ingredients, cover, shake well and store in the refrigerator.

Poppy Seed and Onion Dressing

1/2 cup sugar

1/4 cup grated onion

1 T poppy seeds

1 minced garlic clove

1/2 cup red wine vinegar

1 t sea salt

1 cup oil

1 t dry mustard

Combine all ingredients, cover, shake well and store in the refrigerator.





Mom's Killer Coleslaw

1 and 1/2 cup mayonnaise

1-2 T cider vinegar (to taste)

1 small clove garlic, minced

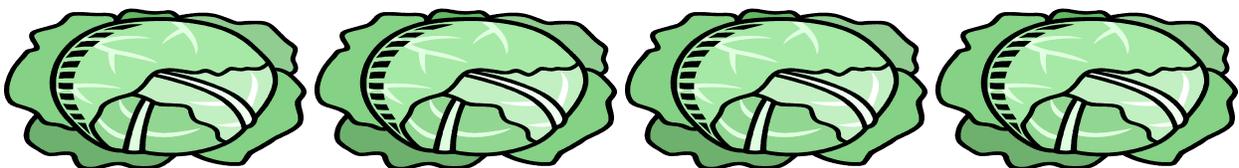
2 T honey

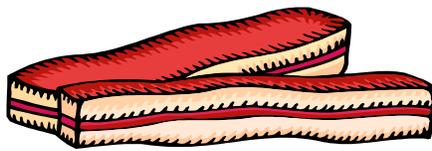
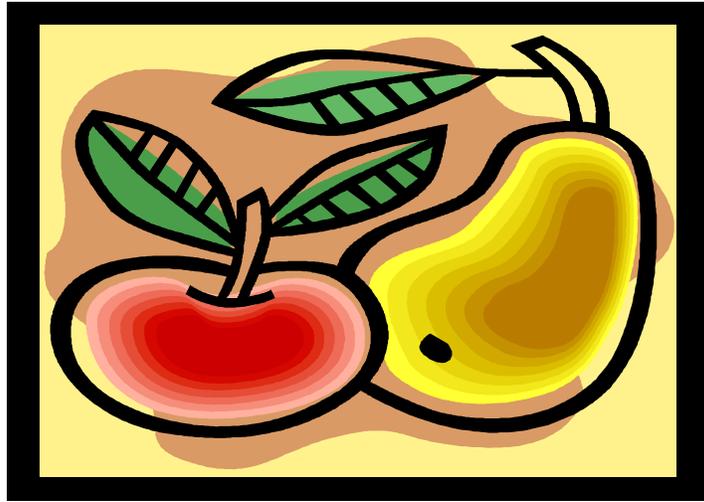
sea salt and pepper to taste

16 ounces slaw

Combine mayonnaise, vinegar, honey and garlic. Mix well. Toss in slaw of your choice (add shredded carrots if desired). Salt and pepper to taste and toss again. Allow the coleslaw to chill in the refrigerator for about a hour before serving.

Serves 8.





Rasa's *Hot* Bacon Dressing

6 strips of bacon, diced

1/4 cup cider vinegar

3 T sugar (brown or white)

1 medium onion, chopped (red or white)

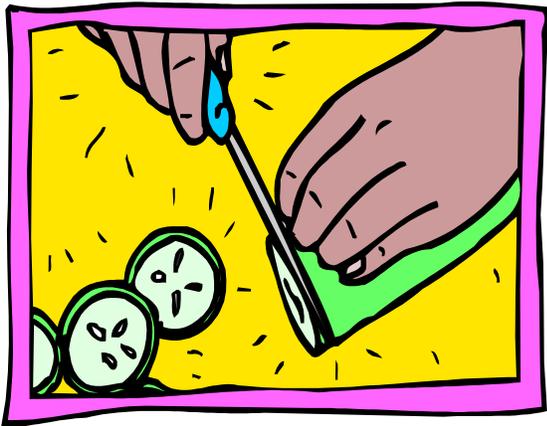
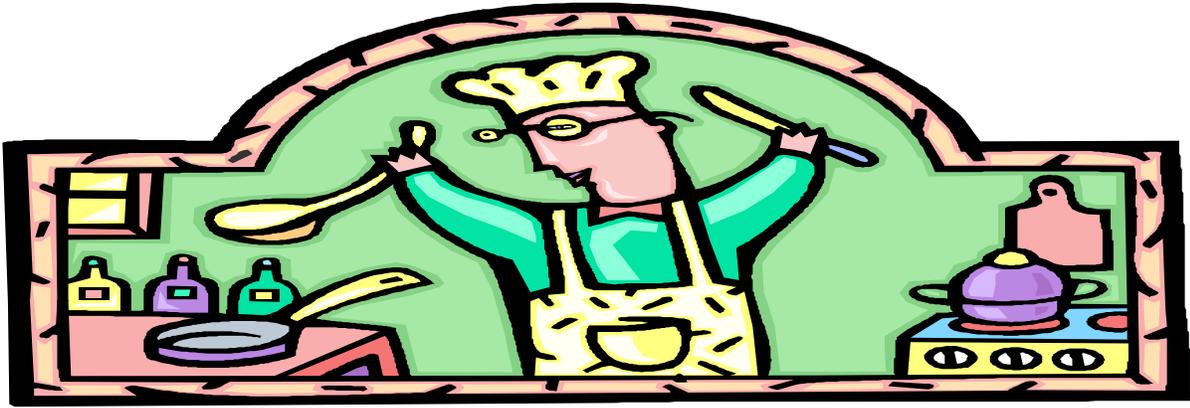
1/4 cup sliced almonds

Fruit: 2 apples, or mangos, pears, strawberries (nuts, feta cheese and croutons make this salad into a meal).

In a skillet cook bacon until crisp. Drain on a paper towel reserving 3 T bacon drippings.

Combine drippings, vinegar, and sugar bringing to a boil. Stirring until sugar is dissolved, cool. Meanwhile, in a large bowl arrange greens (great with spinach and don't forget watercress) fruit of choice, nuts, cheese and chopped onion. Drizzle on the dressing.







Salad Garnishes

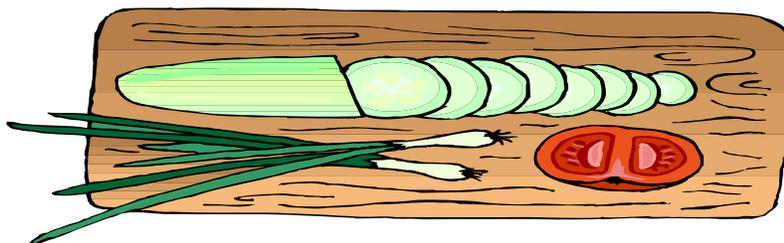


Pickled Onion: thinly slice onion, cover with cider vinegar and refrigerate over night.

Sautéed Onion and Peppers: Using 1 T of olive oil, sauté an onion, diced, a clove of garlic diced, and a pepper if desired. Optional: as onions brown add 1/2 t sea salt and/or 1/2 t brown sugar. Optional veggies eggplant, zucchini.

Cucumber and Onion: Chop one small onion and thin slice two cucumbers. Mix in enough sour cream to coat cucumber. Chill several hours before serving, salt/pepper to taste.

Potato Salad: Some cultures add a favorite dollop of potato salad to make the salad more like a meal. See, **EAT MORE: Potato**





Crunchy Spicy Green Bean Salad

1/4 cup lime juice

3T sesame oil

3T soy sauce

2T brown sugar

3 shredded carrots

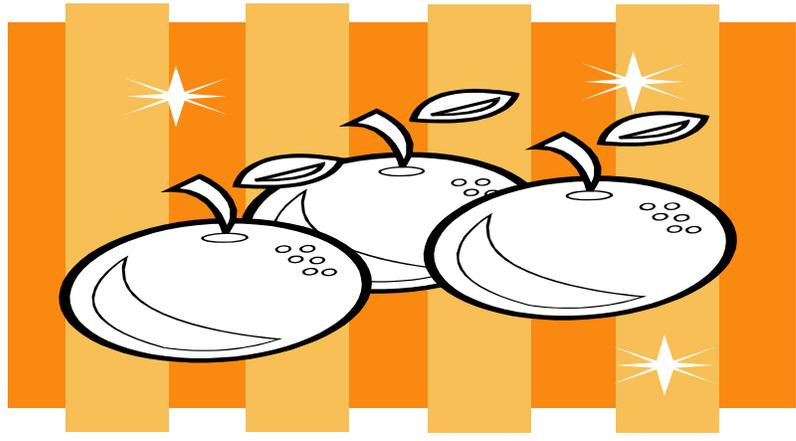
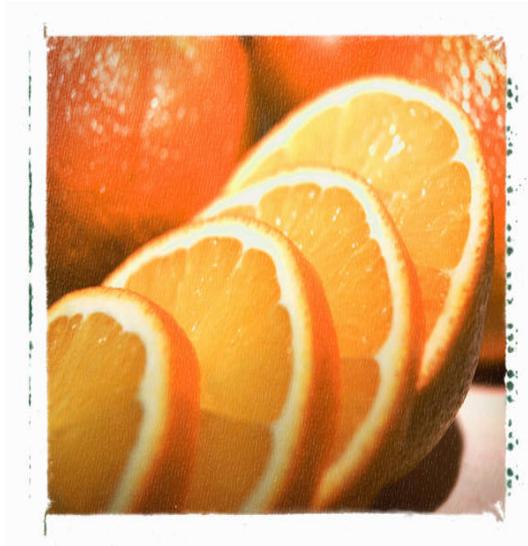
1 bunch green onions, chopped long

1t Sambal or chili oil

1 lb. green beans, washed

Mix the first 8 ingredients and let sit for at least one hour. Toss greens into a pot of boiling water and cook 2-3 minutes. After cooking the beans drain them into a strainer and submerge them into ice water to stop the cooking process. Chill for about one hour. Drain and toss the green beans with the dressing. Serve.







Orange Sesame Dressing

1/3 cup orange marmalade

1/2 t cayenne pepper

1/4 t ground pepper

1 minced garlic clove

1/4 cup white wine vinegar

1/4 t ginger

2/3 cup vegetable oil

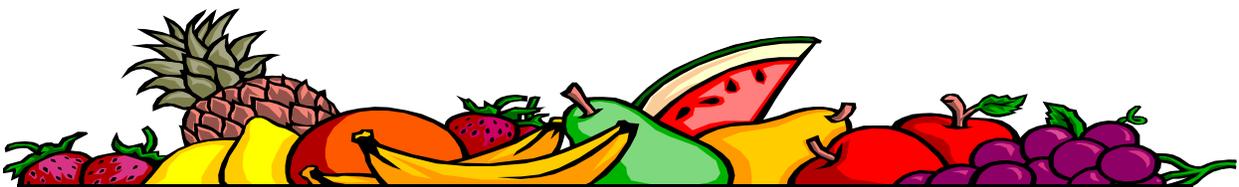
2 T soy sauce

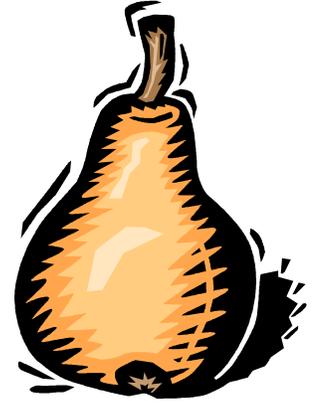
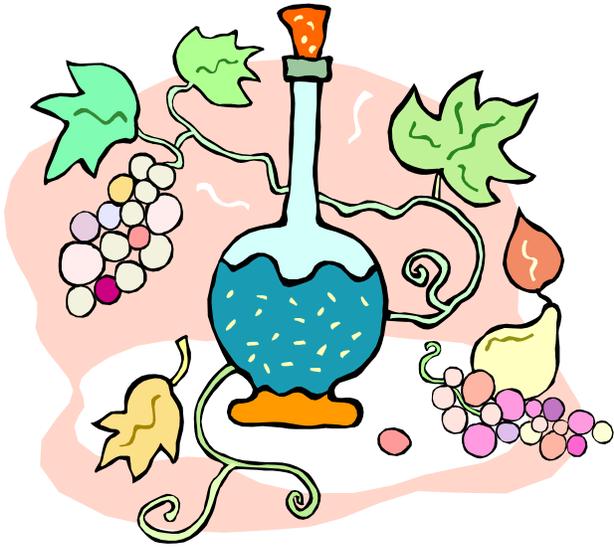
3 T sesame seed oil

2 T honey

orange sections (canned or fresh)

Measure marmalade, cayenne pepper, ginger, garlic, vinegar, soy sauce, sesame oil and honey into a blender. Cover and blend on medium for 30-40 seconds. Slowly add the vegetable oil to mixture on low speed to incorporate oil completely. Serve with mixed greens adding orange sections and crunchy oriental croutons.







Watercress Dressing



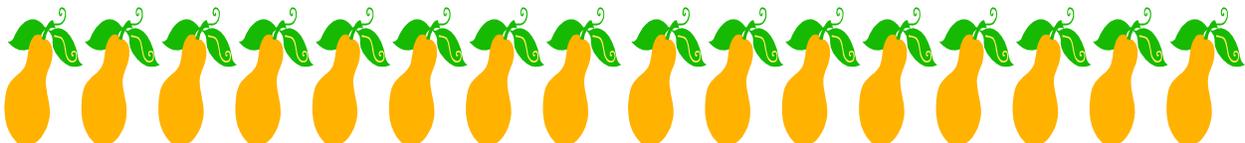
1-4 oz package watercress (chopped)

1/2 cup sour cream

1 small clove of garlic, minced

juice of 1/2 lemon

Process the ingredients in a blender until liquefied. (the process of liquefaction may require pushing ingredients down to the blades of the processor a few times) Add salt and pepper to taste (approx 1/4 t salt) Serve over a salad of watercress or mixed greens with sliced pears, feta cheese, croutons, sliced or pickled onion.

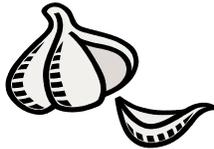




Olive Salad Dressing

2 tablespoons black olive paste
2 teaspoons balsamic vinegar
2 tablespoons extra virgin olive oil
Sea salt & freshly ground black pepper

Whisk together the olive paste and vinegar.
Slowly drizzle in the oil while whisking. Season salad with coarse sea salt and pepper to taste, and serve immediately. Drizzle the dressing over the salad.



Roasted Garlic Dressing

3 cloves roasted garlic
2 teaspoons whole-grain mustard
2 teaspoons sherry vinegar
2 teaspoons red-wine vinegar
1/4 cup extra-virgin olive oil
Sea salt and freshly ground black pepper

Mash together roasted garlic and mustard. Transfer to a small bowl and whisk in sherry and red-wine vinegars until smooth. Slowly whisk in olive oil; season with salt and pepper, drizzle over salad.



Hazelnut Vinaigrette

3 T hazelnuts toasted and chopped

3 T extra-virgin olive oil

1 finely chopped shallot

2 t sherry vinegar

1 t fresh lemon juice pinch of salt

3 T hazelnut oil

Heat hazelnuts, olive oil, and shallots in a small skillet over medium heat, stirring, until shallots soften, about 2 minutes. Set aside. Whisk together vinegar and lemon juice in a medium bowl; season with salt. Whisking constantly, pour in hazelnut oil and hazelnut mixture in a slowly and whisk until emulsified. Season with salt and pepper.



Lemony Light Vinaigrette

1/4 c fresh lemon juice

1 T minced shallot

1 T Dijon mustard

1 T honey

1/2 t grated lemon peel

1/2 t sea salt 1 Cup canola oil

Place first 6 ingredients into a food processor. Combine well. Slowly add in oil until the mixture is emulsified. Drizzle over salad.



Thank you for your interest in

EAT MORE: SALAD.

*I am looking forward to providing
you with the next culinary
adventure in the series.*

Enjoy!

I live, I eat,

I cook!

K :)

