

## It's a Salad Thing!

Written by Debbi Covington  
Wednesday, 04 June 2014 06:09

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I love salads! I honestly believe that you can put almost any fruit or vegetable on a bed of lettuces and make a fabulous salad. The five salads this week have no measurements, just a list of ingredients. Mix and match the salad toppings, cheeses and nuts to your taste and top with one of these delicious vinaigrettes. Simple, beautiful and delicious!

### **Mixed Berry Salad with Raspberry Vinaigrette (above)**

For the vinaigrette:

5 tablespoons seedless red raspberry jam

¼ cup red wine vinegar

1 clove garlic, minced

½ teaspoon salt

¼ teaspoon pepper

1/3 cup vegetable oil

For the salad:

Baby romaine salad greens

Fresh blueberries

Fresh raspberries

Fresh blackberries

Chopped walnuts, toasted

Place jam, vinegar, garlic, salt and pepper in a blender. Pulse until blended. With blender running, pour vegetable oil through lid in a slow, steady stream; process until smooth. Place salad greens in a large bowl; toss with vinaigrette. Top with blueberries, raspberries and

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blackberries. Sprinkle with chopped walnuts. Refrigerate any unused vinaigrette.

### Southwestern Chicken Salad



Green-leaf lettuce, torn  
Canned pinto beans, rinsed and drained  
Shredded deli chicken  
Grape tomatoes, halved  
Sliced pickled jalapeños  
Fresh cilantro leaves  
Fresh salsa

Bottled taco sauce or ranch dressing

Place lettuce on a large platter. Top with pinto beans, chicken, tomatoes, jalapeños, cilantro leaves and fresh salsa. Serve with bottled taco sauce or ranch dressing.

### Mesclun Salad with Beef Tenderloin and Balsamic Reduction

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the grape, by  $200^{\circ}\text{C}$  for 10 min, and post-gassing by nitrogen at  $200^{\circ}\text{C}$  for 10 min with sugar and olive

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