



Summer Salads

July 2014

Watermelon with Balsamic and Feta Salad

Food Network

Makes: 4 servings | Total Time: 19 minutes

Ingredients

1/4 cup good-quality balsamic vinegar
1 tablespoon sugar
8 (roughly 4 by 2-inch) pieces seedless watermelon
4 ounces feta cheese, crumbled
2 tablespoons shredded mint leaves

Directions

1. In a small saucepan, whisk together the balsamic vinegar and sugar. Cook over medium heat until reduced by half and syrupy, about 4 minutes.
2. Stack 2 pieces of watermelon on each plate and drizzle with the balsamic reduction. Sprinkle with feta cheese and mint and serve.

Nutrition Information (per serving): Calories 182, Total Fat 6g, Saturated Fat 4g, Cholesterol 25mg, Sodium 320mg, Carbohydrate 28g, Fiber 1g, Sugars 24g, Protein 6g

Jerk Chicken & Nectarine Salad

From EatingWell: July/August 1998, The Essential EatingWell Cookbook (2004)

Makes: 4 servings

Ingredients

1 tablespoon lime juice
1 1/2 tablespoons dried jerk seasoning*
1 tablespoon steak sauce
2 teaspoons honey
1 teaspoon canola oil
1 pound boneless, skinless chicken breast halves, trimmed
3 ripe nectarines, pitted and thickly sliced
2 scallions, chopped
3 tablespoons lime juice
2 teaspoons honey
Salt & freshly ground pepper, to taste
8 cups torn or shredded romaine lettuce

Directions

1. Mix 1 tablespoon lime juice, jerk seasoning, steak sauce, 2 teaspoons honey and oil in a shallow dish. Add chicken and turn to coat. Cover and marinate in the refrigerator for 20 minutes.
2. Meanwhile, preheat broiler or preheat grill to medium-high.
3. Stir together nectarines, scallions, remaining 3 tablespoons lime juice and remaining 2 teaspoons honey in a small bowl. Season with salt and pepper.
4. Oil grill rack or broiler pan. Broil 4 to 6 inches from heat, 4 to 5 minutes per side. If grilling, grill chicken until no longer pink in the center, 3 to 4 minutes per side. Transfer chicken to a cutting board. Let stand for 5 minutes, then slice diagonally.
5. Toss romaine with nectarine mixture in a large bowl. Divide among 6 plates and arrange chicken on top. Serve immediately.

Nutrition Information (per serving): Calories 247, Total Fat 6g, Saturated Fat 1 g sat, Cholesterol 94mg cholesterol, Sodium 550mg, Carbohydrates 24g, Fiber 3g, Protein 25g

Recipe for Jerk Seasoning:

1 tablespoon allspice
1/4 teaspoon ground cinnamon
1/4 cup light brown sugar
1 teaspoon red pepper flakes
1/4 teaspoon ground cloves
1/4 teaspoon ground cumin
2 teaspoons salt
1 teaspoon freshly ground black pepper
2 tablespoons canola oil

Strawberry-Spinach Salad with Citrus Dressing

Better Homes and Gardens

Makes: 4 servings (serving size: 2 cups salad and 3 tablespoons dressing)

Total Time: 30 minutes

Ingredients

4 medium skinless, boneless chicken breast halves (1 1/4 to 1 1/2 pounds) *may choose to leave out

1/4 teaspoon black pepper

1/8 teaspoon salt

1 cup reduced-sodium chicken broth

Citrus Dressing (recipe below)

6 cups torn fresh spinach and/or watercress

2 cups halved strawberries

1/4 cup chopped pecans, toasted

Directions

1. Sprinkle the chicken breast halves with pepper and salt. Pour chicken broth into a large skillet. Bring broth to boiling. Add chicken; reduce heat. Cover and simmer chicken for 12 to 14 minutes or until chicken is tender and no longer pink, turning chicken once halfway through cooking time. Remove chicken from broth with a slotted spoon; discard broth. Meanwhile, prepare the Warm Citrus Dressing.

2. Thinly slice cooked chicken breast. In a large bowl, toss together the spinach, strawberries, and chicken.

3. To serve, drizzle warm dressing over salad. Sprinkle with nuts. Serve immediately.

Citrus Dressing

1/2 cup strawberries

1/3 cup orange juice

2 tablespoons canola oil

2 teaspoons finely shredded lemon peel

1 tablespoon lemon juice

1 teaspoon sugar

1/2 teaspoon chili powder (optional)

1/4 teaspoon freshly ground black pepper

1/8 teaspoon salt

Directions

In a blender or food processor combine strawberries, orange juice, canola oil, lemon peel, lemon juice, sugar, chili powder (if using), freshly ground black pepper, and salt. Cover; blend or process until smooth. Makes 3/4 cup dressing.

Nutrition Information (per serving): Calories 320, Total Fat 14g, Saturated Fat 1g, Cholesterol 80mg, Sodium 390mg, Carbohydrates 13g, Fiber 4g, Sugars 8g, Protein 36g