

Salad Recipes

Cucumber Salad

1 1/2 cups of sliced cucumbers
Pinch of dill
White vinegar
White onions (raw and sliced in strips)
Splash of lime juice

Mix all ingredients together for a light and refreshing cucumber salad.

Spicy Beef Salad

Serves 2

10 ounces of boneless sirloin steak
1/3 cup fresh lime juice
1 tablespoon splenda
1-2 tablespoons of soy sauce
1 Tbsp. minced fresh basil, or 1 teaspoon of dried basil
2 teaspoons minced fresh mint or 3/4 teaspoons of dried mint
1 jalapeno pepper, minced
2 or 3 garlic cloves, minced
1 teaspoon of grated fresh gingerroot
1 large red pepper, julienned
1/2 medium cucumber, chopped
4 cups torn romaine

Partially freeze beef. Slice across the grain into thin strips. Set aside. For dressing, combine the lime juice, splenda, soy sauce, basil and mint. Set aside. In a nonstick skillet, coated with nonstick cooking spray, saute jalapeno, garlic and ginger for 30 seconds. Add beef; stir fry until cooked as desired.

Remove beef from pan; gently toss with red pepper and cucumber. Place greens 2 bowls, top with beef mixture. Add dressing to the pan and bring to a boil. Remove from heat and drizzle over salad. Serve immediately.

Cauliflower "Potato" Salad

1 medium head of cauliflower (about 4 cups of florets)
2 hard boiled eggs
1 medium stalk celery, minced (including leaves)
1/2 cup of chopped green pepper
2 green onions (chopped green and white parts)
1/3 cup Walden Farms mayo
1 Tbsp yellow prepared mustard
1 teaspoon lemon juice
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon Redmond's Season Salt (you can purchase at our office)
1-2 drops of Frank's Red hot or cayenne pepper (optional)
1-2 teaspoons of Splenda
2 Tbsp of dill relish
pepper
Fresh herbs (optional)

1. Break or chop the cauliflower into small florets. If they are too big, they are difficult to cook.
2. Microwave florets in a covered container with a small amount of water, or steam on the stove. Cook until fork-tender, but do not overcook.
3. Drain and put in medium bowl. Chop the egg and add to the bowl. Toss with the Redmond's sea salt and pepper.
4. Mix the ingredients for the dressing (mayo, lemon juice, spices, etc.). Taste and add spices until you like it.
5. Mix the copped vegetables and dressing into the cauliflower and egg mixture. Add chopped fresh herbs if you wish- chives, dill or parsley. Garnish with the herb and sprinkle with the paprika. Chill.

Sheryl's Coleslaw

4 cups of coleslaw

4 tsp. olive oil, 2-4 tsp Splenda, Walden Farms Mayo, white vinegar, poppy seeds and 2 Tbsp. chopped onion, sea salt. Whisk together dressing and pour over coleslaw. Mix together and refrigerate for at least 1 hour before serving.

Nancy's Faux Potato (Cauliflower) Salad

4 cups cauliflower florets (small to medium chunks)
2 hard-boiled eggs, diced
1/2 cup of diced celery (about 1 stalk)
1/2 cup chopped green pepper
1/4 cup of diced dill pickle
1/3 cup of Walden Farms Mayo
1/3 cup of Walden Farms Honey Dijon Dressing
1 Tbsp mustard (yellow or brown)
1/2 tsp. granulated garlic (or powder)
1 tsp sea salt
1/2 tsp fresh ground black pepper

1. Steam florets on stove or microwave until medium tender (do not overcook). Do not boil as they may absorb too much water and turn mushy.
2. Drain and place in a medium bowl.
3. Add egg, vegetables and pickle to the bowl.
4. In a small bowl, add remaining ingredients and mix thoroughly. Add to vegetable mixture.
5. Gently toss vegetable and sauce mixtures until well mixed. Do not over stir, as you want the cauliflower to still have texture.
6. Chill well and serve.

Cauliflower and Kale Salad

3 Large Kale leaves
1/2 head of cauliflower
1 cup cherry tomatoes, halved
1 stalk green onions, finely chopped
1 sprig of fresh parsley, minced
2 Tbsp fresh lemon juice
1 glove garlic, finely minced
1/2 tsp sea salt
pepper to taste
3 tsp of grape seed oil

Tear up and finely chop kale. Discard center stalk. Put in a bowl with tomatoes, green onion and parsley. Grate the cauliflower using the large holes and add to mix. In a small bowl, mix lemon juice, garlic, salt, pepper and grape seed oil. Pour into larger bowl and toss gently. Taste and season with more sea salt if necessary.

Easy Salad

1/2 c. chopped onion
1/2 c. chopped radish
1/2 c. chopped celery
1/2 c. chopped cucumber
1 roasted chicken (no skin)
Shredded lettuce
Frank's Red Hot Sauce

Place shredded lettuce in a large bowl. Layer the veggies on top. Shred roasted chicken on top. Drizzle with Frank's Red Hot sauce to your taste.

Curried Chicken Salad

Serves 4-5

4 boneless, skinless chicken breast halves, cooked and diced
1 stalk of celery, diced
4 chives, chopped
1 teaspoon Wildtree Curried Garlic blend
1/8 teaspoon black ground pepper
1 teaspoon dried parsley
3/4 cup Walden Farms Miracle Mayo

Combine all ingredients in a large bowl. Let sit for 4 hours to allow the flavors to develop. Great served over lettuce!