Cha-Cha Chicken Salad

A slightly sweet pineapple-cranberry chicken salad sandwich spread with crunchy onions and celery

Yield:

4 servings

Ingredients:

1/2 cup mayonnaise
3-4 ounces softened cream cheese
curry powder, salt, pepper to taste
2 cups cooked and shredded or finely chopped chicken breast
1/3 cup crushed pineapple (reserve a few tablespoons of the juice)
1/4 cup dried cranberries
1 tablespoon finely chopped onion
3-4 celery ribs, finely chopped
Bread or sandwich buns, for serving

Instructions:

1. In a mixing bowl, combine mayonnaise, cream cheese, and seasonings until well-blended. Add chicken and mix.

2. Stir in crushed pineapple, cranberries, onion, and celery. Add desired amount of pineapple juice for flavor and consistency.

3. Spread on bread of your choice to make a sandwich. Enjoy!



This recipe is from Tammy’s Recipes.

Seven Layer Taco Salad

A healthy taco salad with layers of lettuce, meat, beans, cheese, and more!

Yield:

6 servings

Ingredients:

Taco Meat Ingredients:

1 pound ground beef
1 small onion, chopped
1 small clove garlic, minced (or a sprinkling of garlic salt)
1 tablespoon water
1/2 teaspoon paprika
1 teaspoon chili powder
1/2 tablespoon ground cumin*
1/8 teaspoon ground black pepper
1 teaspoon salt

Tapatio hot sauce (or hot sauce of your choice), to taste (I like about 2 teaspoons of Tapatio – this really adds a great flavor!!)
1 can (15 ounces) dark red kidney beans, rinsed and drained

Additional Salad Ingredients:

1 large head iceberg lettuce, shredded or chopped
2 cups torn fresh spinach leaves, optional
2 cups Fritos (or other small yellow corn chips)
2 cups (8 ounces) shredded cheddar cheese
3 cups fresh diced tomatoes
1 cup sliced black olives (drained)
sour cream, for serving

Instructions:

1. Brown ground beef with onion and garlic. Drain well and return to pan.

2. Add water, paprika, chili powder, cumin, pepper, salt, hot sauce, and beans. Cook and stir over medium-low heat until hot.

3. Mix lettuce and spinach together.

4. To serve salad, layer each platter or plate with a thick layer of the lettuce mixture.



Top with a small sprinkling of corn chips.



Add a layer of the meat and bean mixture,



and top with shredded cheese.



Add a decent layer of tomatoes,



sprinkle with sliced black olives, and dab with sour cream. Enjoy!

This recipe is from Tammy’s Recipes.

Apple Harvest Chicken Salad (like Red Robin)

A sliced grilled chicken breast on top of lettuce tossed with apple pieces, candied walnuts, bleu cheese and a light Dijon vinaigrette dressing

Yield:

2 large servings

Ingredients:

2 small-medium (or 1 huge) heads of Romaine lettuce, washed and chopped bite-size*
1/2 cup thinly sliced and halved red onion, optional
2 red apples, washed, cored, and thinly sliced/diced**
1/4 cup crumbled bleu cheese***

1 cup Maple Glazed Walnuts (or glazed walnuts of your choice)
1/2 cup of Honey Mustard Vinaigrette or your favorite vinaigrette salad dressing
2 medium grilled chicken breasts, thinly sliced****

Instructions:

1. In a large mixing bowl, toss together the lettuce, onion, apples, walnuts, and bleu cheese (reserve a few apple slices and bits of cheese for garnish), along with enough dressing to lightly coat. Don’t use too much dressing, as this salad is very flavorful already!

2. Spoon tossed salad onto a large serving plate. Place the sliced chicken breast on top and sprinkle with reserved bleu cheese to garnish (if desired) and garnish edges with apple slices.

Enjoy your delicious salad and feel great that you made it yourself!



This recipe is from Tammy’s Recipes.

Grilled Steak Stir Fry Salad

Thin-sliced grilled steak and grilled stir-fry veggies, tossed together with Romaine lettuce, fresh diced tomatoes, and feta cheese for a flavor-rich and filling salad!

Yield:

4-6 servings (as a main dish)

Ingredients:

8 cups bite-size broccoli florets
1 large red onion
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
2 teaspoons (about 4 cloves) minced garlic
1/2 cup oil
1 red bell pepper, halved and sliced or chopped
3 cups thinly sliced grilled steak (freshly grilled or leftover)
2 heads of Romaine lettuce, washed and cut into bite-sized pieces (about 12-16 cups)
2 cups diced fresh tomatoes
1/2 cup crumbled feta cheese
Croutons, optional
Ranch salad dressing, optional*

Instructions:

1. Preheat grill (or prepare charcoal grill), including a grill plate/pan/grid for grilling vegetables.* In a large mixing bowl, toss together the broccoli, onion, salt, pepper, garlic, oil, and red pepper.

2. Spread vegetables on the hot grill pan. Grill on MEDIUM with lid closed for about 8 minutes. Leaving vegetables on grill, stir thoroughly and then sprinkle the steak on top of

the veggies. Close lid again and grill for an additional 8 minutes or until vegetables are crisp-tender and steak is hot.

3. Remove platter from grill and allow to cool for a few minutes. In a large mixing bowl, toss together the Romaine lettuce and fresh tomatoes. Stir in the still-hot/warm steak and veggie mixture. Gently toss in the feta cheese and croutons (if using). Serve immediately with your favorite Ranch dressing.**



This recipe is from Tammy's Recipes.

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Cobb Salad and Dressing

A bed of lettuces served with fresh tomatoes, turkey bacon, grilled chicken breast, hard-boiled eggs, avocado, crumbled cheese, and green onions. Top with dressing (recipe included) and enjoy!

Yield:

4 large servings

Ingredients:

Cobb Salad Ingredients:

1/2 head Iceberg lettuce, chopped
1 large head Romaine lettuce, chopped*
2 tomatoes, diced
6 strips turkey bacon, cooked until crisp and chopped into small pieces
2 grilled chicken breasts (can be hot or cold), sliced thinly
3 hard-boiled eggs, peeled and diced
1 large avocado, diced
1/2 cup crumbled Roquefort or bleu cheese
1/4 cup thinly sliced green onions

Original Cobb Salad Dressing Ingredients:

1/4 cup water
1/4 cup red wine vinegar
1/4 teaspoon sugar
1 teaspoon fresh lemon juice
2 teaspoons salt
3/4 teaspoon freshly ground black pepper
3/4 teaspoon Worcestershire sauce
1/4 teaspoon dry English mustard
1 small garlic clove, minced
1/4 cup olive oil
3/4 cup vegetable oil (or light olive oil)

Instructions:

1. Make the salad dressing by whisking or blending together the dressing ingredients. Mix well!

2. In a large bowl, toss together the lettuces with enough dressing to coat. This should take about 1 cup of the dressing. Arrange lettuce either on 4 large serving plates or

in a large shallow serving bowl.

3. Place the toppings in strips across the lettuce, as pictured: tomatoes, bacon, chicken, eggs, avocado, and bleu cheese. Sprinkle green onions over the top of the salad.

Serve salad with additional dressing on the side, if desired.



This recipe is from Tammy’s Recipes.

Southwest Chicken Salad

A bed of lettuce layered with colorful veggies, black beans, and cilantro, topped with tangy homemade dressing!
Yield:

4 servings
Ingredients:

Dressing Ingredients:

3 tablespoons oil

3 tablespoons Balsamic vinegar*
2 cloves garlic, minced
1/4 teaspoon salt
dash pepper

Salad and Toppings:

Approximately 4 cups lettuce of your choice, freshly washed and torn
1 cup chopped multi-colored bell peppers (green, red, yellow, and/or orange)
1 cup cooked or grilled chicken, cubed
1 cup cooked black beans, rinsed and drained
1/2 cup sliced green onion tops
2 avocados, diced
a handful of chopped fresh cilantro Instructions:

1.
Start by combining dressing ingredients in a small bowl and whisking
with a fork or small whisk. Set aside for flavors to combine.

2. Prepare lettuce and toppings by washing, chopping, etc. as specified in the ingredient list.

3. Layer salad starting with the lettuce. Sprinkle colored peppers, chicken, black beans, green onions, avocado, and cilantro.

4. Drizzle dressing on top and enjoy!



Southwest Chicken Salad

This recipe is from Tammy’s Recipes.

Apple Harvest Chicken Salad (like Red Robin)

A
sliced grilled chicken breast on top of lettuce tossed with apple
pieces, candied walnuts, bleu cheese and a light Dijon vinaigrette
dressing
Yield:

2 large servings
Ingredients:

2 small-medium (or 1 huge) heads of Romaine lettuce, washed and chopped bite-size*
1/2 cup thinly sliced and halved red onion, optional
2 red apples, washed, cored, and thinly sliced/diced**
1/4 cup crumbled bleu cheese***

1 cup Maple Glazed Walnuts (or glazed walnuts of your choice)
1/2 cup of Honey Mustard Vinaigrette or your favorite vinaigrette salad dressing
2 medium grilled chicken breasts, thinly sliced****
Instructions:

1.
In a large mixing bowl, toss together the lettuce, onion, apples,
walnuts, and bleu cheese (reserve a few apple slices and bits of cheese
for garnish), along with enough dressing to lightly coat. Don’t use too
much dressing, as this salad is very flavorful already!

2. Spoon tossed salad onto a large serving plate. Place the sliced
chicken breast on top and sprinkle with reserved bleu cheese to garnish
(if desired) and garnish edges with apple slices.

Enjoy your delicious salad and feel great that you made it yourself!

Additional Notes:

*About 8-10 cups chopped greens total. Feel free to use other lettuces for part of the lettuce, or even some baby spinach!

**I used Fuji; I think any sweet crisp red/pink apple would be great!

***If you don’t care for bleu cheese, you could substitute feta or an even milder white crumbled cheese.

****The chicken can be still warm OR be leftover grilled chicken. I
like to have Joshua grill some extra chicken and then use the leftovers

for a meal like this. I’m sure any cooked chicken meat would suffice but
grilled chicken breast is the BEST!

This salad (1 serving) costs over $10 at Red Robin – plus tax and a tip! Making it at home is easy and fun… and affordable!



Apple Harvest Chicken Salad (like Red Robin)

This recipe is from Tammy’s Recipes.

Vinegar and Oil Salad Dressing

A mildly sweet homemade vinegar and oil salad dressing with celery seed and other seasonings
Yield:

12 servings (approx.)
Ingredients:

1/4 cup vinegar
1/4 cup water*
1 heaping tablespoon sugar
1/4 teaspoon garlic salt
1/4 teaspoon onion salt
1/4 teaspoon seasoned salt
1/8 cup olive or vegetable oil
1/8 teaspoon celery seed
Instructions:

1.
Combine all ingredients and shake or stir until sugar is dissolved. I
like to use a container with a tight-fitting lid, and shake the
dressing.

2. To serve, place cleanÂ lettuce in a large bowl (to allow room for
stirring) and pour desired amount of dressing over lettuce. Stir to
coat.

You can also put this dressing on individual serving bowls of lettuce, but since the dressing is fairly runny and mild we like to have it all stirred together.



Vinegar and Oil Salad Dressing

This recipe is from Tammy’s Recipes.

Maple Rosemary Bean Salad

A
flavorful medley of kidney beans, black beans, green beans and artichokes seasoned with rosemary and lightly sweetened with maple syrup
Yield:

8 servings
Ingredients:

1 can (15 ounces) cut green beans, drained (OR 1 1/2 cups cut cooked green beans from fresh or frozen)
1 can (15 ounces) dark red kidney beans, drained (or 1 1/2 cups cooked dark red kidney beans)
2 cans (15 ounces each) black beans, partially drained
1 can (15 ounces) marinated artichoke hearts, drained and cut into bite-size chunks (about 1 cup)
1/3 cup finely chopped onion
3 tablespoons balsamic vinegar
6 tablespoons pure maple syrup
1/2 teaspoon salt
1 1/2 tablespoons dried rosemary
1/2 teaspoon poultry seasoning
1/2 teaspoon granulated garlic (or 1 clove freshly minced garlic)
2 tablespoons olive oil
Instructions:

1.

In large mixing bowl, combine all ingredients and toss to coat.
Refrigerate for 4-6 hours to allow flavors to combine. Serve bean salad
cold or at room temperature.

Bean salad will keep in the fridge for up to a week.



Maple Rosemary Bean Salad

This recipe is from Tammy’s Recipes.

Honey Mustard Vinaigrette Salad Dressing

A creamy homemade honey mustard dressing – sweet and tangy!
Yield:

About 1 1/2 cups of dressing
Ingredients:

1/2 cup olive oil or flax seed oil
3 tablespoons vinegar
2 tablespoons water
1/4 cup honey
1/4 cup prepared mustard (Dijon or other*)
1/2 teaspoon dried basil
1 teaspoon salt
dash of black pepper
Instructions:

1.
Combine all ingredients in a bowl and whisk until well-mixed. Or, place
ingredients into dressing bottle/jar, seal with tight-fitting lid, and
shake to combine. A glass pint jar with a screw-on lid works well for
this recipe!

2. Serve with your favorite lettuce greens, or use as a dipping sauce for chicken.



Honey Mustard Vinaigrette Salad Dressing

This recipe is from Tammy’s Recipes.