Greek Spinach Orzo Salad

Fresh
spinach leaves tossed with orzo pasta, fresh tomatoes, red onion,
olives, feta cheese, and a light homemade vinaigrette dressing for a
colorful and flavorful side salad or lunch!
Yield:

8 servings or 12 side servings
Ingredients:

Salad Ingredients:

8 ounces dry orzo pasta
8 or 9 ounces fresh baby spinach
1 small red onion, halved and thinly sliced (or half a large one)
1 1/2 cups chopped fresh tomatoes
1 cup (or a 6-oz. jar) pitted Kalamata olives, quartered or halved
1 1/2 cups feta cheese, crumbled
1 cup of your favorite vinaigrette dressing OR use the recipe below

Vinaigrette Ingredients:

3 tablespoons lemon juice
1 tablespoon red wine vinegar
2 tablespoons honey
1/2 teaspoon oregano
2 cloves garlic, minced
1 teaspoon salt
1/4 tespoon ground black pepper
1 teaspoon lemon zest (optional but tasty)
1/3 cup olive oil

Instructions:

1. Cook the orzo according to package instructions for al dente. Drain and rinse pasta under cold water to cool. Set aside.

2. Make vinaigrette by combining all vinaigrette ingredients in a
blender or jar with tight-sealing lid and blend or shake until dressing
is mixed well.

3. In a large mixing bowl, combine the drained/cooled orzo, spinach,
onion, tomatoes, olives, and feta. Stir dressing into salad to coat
well. Stir more than you think you need to…it will help “wilt” the
spinach a bit.

Serve at room temperature or chilled.

This salad will keep for a couple days in the fridge, but is best consumed with 24 hours.



Greek Spinach Orzo 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!



Apple Harvest Chicken Salad (like Red Robin)

This recipe is from Tammy’s Recipes.

Cauliflower and Broccoli Salad

A
colorful crunchy salad of cauliflower and broccoli florets,

onion, and
carrots tossed in a sweet poppy seed vinaigrette dressing
Yield:

8-12 servings
Ingredients:

1 head of cauliflower (about 2 pounds)
1-2 bunches of broccoli (about 1 pound total before trimming)
3 ribs celery, sliced (about 3/4 cup sliced)
1/2 red onion (or onion of your choice), sliced or chopped (about 3/4 cup sliced)
2 carrots, washed and thinly sliced
1/2 green bell pepper, chopped (optional)

Dressing Ingredients:

1/2 cup pure maple syrup*
2 teaspoons dry mustard powder**
1/2 cup light olive oil or oil of your choice
1 1/2 teaspoons salt
1/2 cup Balsamic vinegar
2 teaspoons poppy seeds
Instructions:

1.
Wash cauliflower, remove stem and solid “heart” and cut into bite-size
florets. You should end with about 1 1/4 to 1 1/2 pounds of florets
after trimming (or around 8 cups of florets).

2. Wash broccoli and cut into bite-size florets, ending with about 3/4 pound of florets (about 5-6 cups).

3. Place the cauliflower and broccoli florets, celery, onion, carrots, and pepper (if using) in a large bowl.

4. In a medium mixing bowl, combine the dressing ingredients

and mix. Pour over veggies and toss to combine and coat.

Chill salad for a few hours or overnight in the fridge before serving.

This salad keeps in the fridge well for several days. If using red onions, this salad is most attractive within about 24 hours of being made, as the onions will “bleed” and lose their color after a while.



Cauliflower and Broccoli Salad

This recipe is from Tammy’s Recipes.

Strawberry Spinach Salad

Fresh baby spinach leaves and sliced strawberries tossed with red onion and feta cheese in a light vinaigrette dressing
Yield:

8 servings
Ingredients:

Salad Ingredients:

8-9 ounces fresh baby spinach leaves, washed and dried
1/2 cup quartered and thinly sliced red onion
1 pound fresh strawberries, washed, hulled, and sliced (about 3 cups of sliced strawberries)
1 cup (about 4 ounces) crumbled feta cheese
1 cup Maple Glazed Walnuts, optional (but delicious!)

Dressing Ingredients:

Juice and zest of 1 lemon (about 1/2 to 1 teaspoon of zest and about 1/4 cup juice)
1 tablespoon red wine vinegar
2 tablespoons pure maple syrup
1 teaspoon salt
dash black pepper
1/3 cup olive oil
Instructions:

1. Place spinach and red onion in large mixing bowl.

2. Make dressing by combining dressing ingredients in a jar or blender and blending or shaking until well-mixed. Pour about 3/4 of the
dressing over spinach and toss gently to coat.

3. Add strawberries and feta cheese (and walnuts if using) and stir gently, adding more dressing if needed to coat.

Serve chilled or at room temperature. Salad is best eaten within a few hours of mixing.



Strawberry Spinach Salad

This recipe is from Tammy’s Recipes.

Romaine and Broccoli Salad

A
crisp salad of romaine lettuce, broccoli florets, red onions, and
walnuts, tossed with a vinegar and oil dressing and crunchy noodles
Yield:

8 servings
Ingredients:

For the salad:

2 large heads of Romaine lettuce, washed, dried, and torn into bite-size pieces
5-6 cups of broccoli florets (bite-size), about 1 pound)
1/2 cup thinly sliced or diced red onion

2 cups thinly sliced or shredded red cabbage, optional
2 cups of maple-glazed walnuts (or other walnuts of your choice, toasted)
~4 cups chow mein noodles*

For the dressing:

1 cup oil (vegetable or light olive)
1/2 cup sugar
1/2 cup pure maple syrup**
1/2 cup red wine vinegar
2 tablespoons soy sauce
Instructions:

1.
Make dressing by combining all dressing ingredients in a jar with a
tight-fitting lid. Shake well. Let stand for 30 minutes or so, shaking
occasionally, until sugar is dissolved.

2. In a large bowl, combine the romaine lettuce, broccoli florets, onion, and cabbage (if using). Toss together with a cup of the dressing. Add half of the nuts and half of the noodles, and toss, adding a little more dressing if needed. Sprinkle remaining nuts and noodles on top and serve immediately, with any leftover dressing on the side.



Romaine and Broccoli Salad

This recipe is from Tammy’s Recipes.

Mom’s Potato Salad

This is the best old-fashioned potato salad recipe! Chunky, creamy, and flavorful, everyone loves this homemade potato salad!
Yield:

16-24 servings (about 16 cups)
Ingredients:

9 medium potatoes* (~3 to 3.5 pounds)
1 sweet onion, finely chopped
2 cups finely chopped celery
1/2 cup finely chopped dill pickles
3 hard-boiled eggs, peeled and diced
1/4 cup sugar
2 tablespoons apple cider vinegar
1 teaspoon celery seed

1/4 teaspoon freshly ground black pepper
1/3 cup yellow mustard
1 cup mayonnaise or Miracle Whip
1 teaspoon salt, or more, to taste
pinch of turmeric, optional
paprika, for garnish
Instructions:

1.
Wash potatoes, cut out any bad spots or sprouts, and cut into halves as needed to achieve mostly the same size potatoes/pieces (large chunks).

2. Place potatoes in a large stock pot and cover with water. Add a generous sprinkle of salt to the water, and bring to a boil. Simmer until potatoes are just tender (check with fork), about 15-20 minutes (less for smaller potatoes). Take care not to over-cook the potatoes, or you will have a mashed potato salad.

3. Drain potatoes and rinse with cold tap water to cool them (this halts the cooking process). When potatoes are cool enough to handle, use clean hands to remove skins. Discard skins and dice potatoes into bite-sized chunks and set aside.

4. In a large mixing bowl, combine the onion, celery, pickles, eggs, sugar, vinegar, celery seed, pepper, mustard, mayonnaise, teaspoon of salt, and pinch of turmeric. Mix thoroughly. Add diced potatoes and toss

gently to coat. Taste and add additional salt if needed.

5. Place potato salad into serving bowl and sprinkle with paprika to garnish. Refrigerate, covered, until ready to serve.

This potato salad keeps well in the fridge for several days in an air-tight container.



Mom’s Potato Salad

This recipe is from Tammy’s Recipes.

Caesar Fish Salad

A crisp Caesar salad with oven-fried white fish fillets, topped with creamy Caesar dressing and sprinkled with Parmesan cheese
Yield:

4 dinner salads
Ingredients:

24 ounces white fish fillets (Tilapia, Pollock, Cod)

For the fish coating*:

1 cup flour
1 teaspoon salt
1/2 teaspoon chili powder
1 teaspoon paprika
1 teaspoon granulated garlic
1/4 teaspoon ground black pepper
2 large eggs
1 tablespoon milk

2 tablespoons butter, melted

For the salad:

2 large heads of romaine lettuce, washed and torn
1/3 cup grated Parmesan cheese
1 cup croutons, optional
~1/3 cup Caesar salad dressing
Sliced fresh tomato, optional
Sliced red onion, optional
Lemon zest, for garnish, optional
Additional Parmesan cheese, for garnish
Instructions:

1.
In a shallow container or bowl, whisk together the flour, salt, chili
powder, paprika, garlic, and pepper. In a separate shallow bowl or
container, whisk together the eggs and milk.

2. Place melted butter in a 9×13-inch baking dish. Preheat oven to 400 degrees.

3. Pat fish fillets with paper towel to remove excess water. Dip each

fillet first in the flour mixture, then in the egg mixture, and then once again in the flour mixture. Place coated fillets in the prepared 9×13.

4. Bake fish at 400 degrees until crisp on the outside and flaky inside, about 15-20 minutes. (Fish should reach an internal temperature of 145 degrees.) You may flip once during baking, if desired.

5. In a big salad bowl, toss together the romaine lettuce, Parmesan cheese, croutons (if using), and enough Caesar salad dressing to coat the lettuce to your liking. (Don’t use too much!!) Spoon salad onto plates or into large salad bowls. Sprinkle diced tomatoes or red onions on top, if using. Sprinkle with lemon zest (optional) and additional Parmesan cheese, to taste.

6. Serve salad with the hot fish on top or on the side. Enjoy!



Caesar Fish Salad

This recipe is from Tammy’s Recipes.

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.



Cobb Salad and Dressing

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.**



Grilled Steak Stir Fry Salad

This recipe is from Tammy’s Recipes.

Vinaigrette (Very Basic, Ina Garten’s)

Ingredients

1 teaspoon Dijon mustard
1 teaspoon minced fresh garlic
3 tablespoons champagne vinegar
Kosher salt and freshly ground black pepper
1/2 cup good olive oil
Salad greens or mesclun mix for 6 to 8 people

Directions

In a small bowl, whisk together the mustard, garlic, vinegar, 1 teaspoon salt, and 1/2 teaspoon pepper. While whisking, slowly add the olive oil until the vinaigrette is emulsified.

Place the salad greens in a medium bowl and add enough dressing to moisten. Sprinkle with a little extra salt and pepper, if desired, and serve immediately.