

5 Simple Summer Salads



California Baby Green Salad

👉 **SALAD:** In salad bowl, combine Salad ingredients with 4 cups (1 L) torn greens as indicated in recipe name.

👉 **DRESSING:** Whisk together 2 tbsp (25 mL) wine vinegar; 1 tsp (5 mL) Dijon mustard; 1 clove garlic, minced (optional); and ¼ tsp (1 mL) each granulated sugar, salt and pepper. Whisk in 2 tbsp (25 mL) vegetable oil. Whisk in Dressing Add-Ins.

👉 Toss salad with dressing and serve.

Makes 4 side-dish servings.

👉 Or top with Make a Meal ingredients.

Makes 2 main-dish servings.

	SALAD	DRESSING ADD-INS	MAKE A MEAL
California Baby Green Salad	Quarter small sweet onion, sliced; 1 avocado, peeled and chopped; 15 pitted black olives	2 tbsp (25 mL) orange juice; 1 tbsp (15 mL) chopped fresh oregano	1 can (6.5 oz/184 g) tuna, drained and broken in chunks
Country Spinach Toss	6 mushrooms, sliced; 5 radishes, sliced; 10 cherry tomatoes, halved	2 tbsp (25 mL) light mayonnaise; 1 tbsp (15 mL) chopped fresh basil	2 grilled chicken breasts, sliced, or 2 cups (500 mL) cubed cooked chicken
Creamy Dill Romaine Salad	4-inch (10 cm) piece English cucumber, sliced; 1 tomato, halved lengthwise and sliced crosswise	2 tbsp (25 mL) light sour cream; 1 tbsp (15 mL) chopped fresh dill	2 hard-cooked eggs, cut in wedges
Asian Iceberg Bowl	1 cup (250 mL) bean sprouts; half sweet red pepper, sliced; 15 snow peas, halved crosswise	2 tbsp (25 mL) teriyaki sauce; 1 tsp (5 mL) sesame oil	2 cups (500 mL) sliced grilled steak or deli roast beef
Nutty Pear Red Leaf Salad	1 pear, sliced; 4 oz (125 g) cold Brie cheese, cubed; ½ cup (75 mL) toasted pecans, chopped	1 tbsp (15 mL) minced fresh chives; 1 tbsp (15 mL) apple juice concentrate	6 slices (6 oz/175 g) smoked chicken, turkey or ham, cut in thin strips