

Chad & Emily's Cookbook

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Salads

Apple-Walnut Salad with Maple Vinaigrette

¼ cup chopped walnuts
6 cups mixed salad greens
2 medium-size apples, peeled, cored and cut into matchsticks
2 T cider vinegar
2T maple syrup
1T walnut oil
2t whole-grain Dijon mustard

Toast walnuts in skillet over medium heat 3-4 minutes, or until browned and fragrant.
Place mixed greens and apples in a large bowl
Whisk together vinegar, maple syrup, oil and mustard in small bowl. Drizzle over salad, and toss gently to coat.
Divide salad among plates. Sprinkle each serving with walnuts, and serve.

Arugula Salad with Olives, Pancetta, and Parmesan Shavings

6 thin slices pancetta (Italian bacon; about 1/3 of 3-ounce package)

1 1/2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
4 cups (loosely packed) arugula
1/3 cup Kalamata olives, pitted, halved
Parmesan cheese shavings

Arrange pancetta in single layer in medium nonstick skillet. Cook over medium heat until browned and crisp (do not turn), about 8 minutes. Transfer to paper towels to drain.

Whisk oil and lemon juice in small bowl. Season dressing with salt and pepper. Place arugula and olives in medium bowl; toss with dressing. Divide salad between plates. Top with pancetta and Parmesan shavings.

Makes 2 servings.

Asian Chicken and Cabbage Salad

- 1 red jalapeño or Fresno chile with some seeds, chopped
- 1/3 cup vegetable oil
- 1/4 cup fresh lime juice

- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons light brown sugar
- 1 teaspoon fish sauce (such as nam pla or nuoc nam)
- 1 teaspoon grated peeled ginger
- Kosher salt
- 1/2 small head of red cabbage, thinly sliced (about 5 cups)
- 2 medium carrots, peeled, shredded
- 6 scallions, whites and pale greens only, thinly sliced
- 3 cups shredded rotisserie chicken
- 1 cup baby spinach, thinly sliced
- 1/3 cup chopped fresh cilantro
- 1/4 cup chopped dry-roasted peanuts
- 1/2 teaspoon toasted sesame seeds

PREPARATION

Whisk chile, oil, lime juice, soy sauce, brown sugar, fish sauce, and ginger in a large bowl; season with salt. Add cabbage, carrots, scallions, chicken, spinach, and cilantro; toss to coat. Top with peanuts and sesame seeds.

Broccoli-Cauliflower Salad

- 1/2 c. chopped pecans
- 1 bunch broccoli, cleaned and cut
- 1 bunch cauliflower, cleaned and cut
- 2-3 apples, cut up
- 1 c. raisins
- 1/2 c. dry onion
- 10 pieces bacon, crisp and crumbled

Mix above ingredients. Stir in dressing mixture of 1 1/2 cups real mayonnaise, 1/4 cup sugar, and 1 tablespoon vinegar. Refrigerate.

Caesar Salad Dressing

Ingredients

- 6 cloves garlic, mashed and minced
- 1 tablespoon Dijon mustard
- 1 tablespoon Vinegar
- 2 tablespoons mayonnaise
- 1/2 cup olive oil
- Salt
- Pepper
- Lemon juice

- Minced anchovy fillets or paste (optional)

Directions

Combine garlic, mustard, vinegar and two pinches of salt in a blender and mix thoroughly. Add mayonnaise and blend together to form a thick base. In a slow stream add olive oil through hole in lid. Scrape dressing with spatula into a bowl and season to taste with salt, pepper and lemon juice. If desired, add anchovy to dressing to create a deeper, saltier taste.

Cantaloupe Fruit Salad

This is the ideal summer salad to accompany whatever you're grilling. It's healthful, cool and pretty. And don't think that added sugar will improve the taste. The natural sugars in the fruit combine perfectly with the tartness of the yogurt for a delicious, refreshing side dish.

Ingredients:

2 Medium cantaloupes, peeled, cut into chunks

Pineapple, cored, peeled, cut into chunks

1 C Raisins

1 C Fresh shredded coconut (or packaged coconut, if you don't have the time)

1 C Finely chopped walnuts or pecans

1 Large apple, cored, unpeeled, cut into chunks

1 C Plain yogurt

Directions:

Stir together the yogurt and orange peel. Chill. Mix all fruits in a large salad bowl. At serving time, add the nuts and pour chilled yogurt mixture over fruit, toss, and serve.

Chickpea and Hearts of Palm Salad

1 cup drained canned chickpeas (garbanzo beans)

1/2 cup chopped plum tomato

1/3 cup (about 1 1/2 ounces) diced provolone cheese

1/4 cup finely chopped red onion

1 (14-ounce) can hearts of palm, drained and cut crosswise into 1/2-inch slices

1 tablespoon minced fresh parsley

2 tablespoons red wine vinegar

1 teaspoon olive oil

Combine the first 5 ingredients in a medium bowl.

Combine parsley, vinegar, and oil, stirring with a whisk. Drizzle over salad; toss well to combine.

Yield: 4 servings (serving size: about 3/4 cup)

CALORIES 149(31% from fat); FAT 5.2g (sat 2.2g,mono 1.9g,poly 0.7g); PROTEIN 8g; CHOLESTEROL 7mg; CALCIUM 151mg; SODIUM 479mg; FIBER 5g; IRON 3.5mg; CARBOHYDRATE 19.4g

Cole Slaw

Dressing:

½ c. mayonnaise
2 tbsp. lemon juice
1 tbsp. water
¾ tsp. salt
½ tsp. sugar
¼ tsp. paprika

½ head cabbage
Carrots

Elk Salad with Horseradish Dressing

Horseradish dressing:

- 1/2 cup sour cream
- 3 tablespoons prepared horseradish
- 1 tablespoon chopped fresh chives
- 1 teaspoon honey
- 1 teaspoon red wine vinegar
- Kosher salt, freshly ground pepper

Steak salad:

- 2 tablespoons olive oil, divided
- 1 1-pound elk roast or rib-eye, flank, or skirt steak
- Kosher salt, freshly ground pepper
- 12 ounces fingerling potatoes, thinly sliced
- 1/2 English hothouse cucumber, thinly sliced
- 6 radishes, cut into thin wedges
- 2 cups greens (such as arugula or torn Bibb lettuce leaves)
- Pickled red onions

Preparation

Horseradish dressing:

- Whisk sour cream, horseradish, chives, honey, and vinegar in a small bowl; season with salt and pepper.

Elk salad:

- Heat 1 tablespoon oil in a large skillet, preferably cast-iron, over medium-high heat. Season steak with salt and pepper. Cook over medium-high heat until cooked to desired

doneness, 5-8 minutes per side for medium-rare rib eye, about 4 minutes per side for flank steak, or 3 minutes per side for skirt steak. Transfer meat to a plate and let rest for 10 minutes.

- While steak rests, wipe out skillet and heat remaining 1 tablespoon oil over medium-high heat. Add potatoes, season with salt, and cook, tossing occasionally, until tender, 8-10 minutes.
- Slice steak and serve with horseradish dressing, potatoes, cucumber, radishes, greens, and Pickled Red Onions.

Grilled Peaches

3 T sugar
2 t pepper
2 ½ oz blue cheese
¾ c balsamic vinegar
2 lg peaches with peel, halved and pitted

Simmer sugar, vinegar and pepper until liquid has reduced by ½ - should become thicker. Remove from heat and set aside.

Oil grill plate. Put peaches on plate cut side down, cook for 5 minutes or until the flesh is caramelized, turn peaches over, brush the top sides with the glaze and cook for another 2-3 minutes. Transfer peaches to serving dishes and drizzle with remaining glaze and sprinkle with crumbled blue cheese.

Kale and Brussels Sprout Salad - 1

Serves 4

For the dressing:

- 2 garlic cloves
- 1 green onion
- 1 lemon, juiced
- 2 anchovy filets
- 1/2 cup extra virgin olive oil

For the salad:

- 15 Brussels sprouts, shredded
- 10 kale leaves, stems removed and leaves chopped
- 2 slices of bacon, fried
- ¼ cup parmesan

Directions:

Cut stem of Brussels sprouts and remove outer layer. Shred in a food processor. Remove stems from kale leaves and rough chop remaining greens. Mix kale with shredded Brussels.

In a blender, combine the garlic, green onion, lemon juice and anchovies and blend on low speed. With blender running, add the extra virgin olive oil in a steady stream to emulsify. Pour the dressing over the kale and Brussels, sprinkle with parmesan cheese and mix thoroughly to coat. Top with crumbled bacon and serve.

Kale and Brussel Sprout Salad - 2

Ingredients

- 2 TBSP cup fresh lemon juice
- 1 tablespoons Dijon mustard
- 1 tablespoon minced shallot
- 1 small garlic clove, finely chopped
- 1/8 teaspoon kosher salt plus more for seasoning
- Freshly ground black pepper
- 1 large bunches of Tuscan kale (about 1 1/2 lb. total), center stem discarded, leaves thinly sliced
- 6 ounces brussel sprouts, trimmed, finely grated or shredded with a knife
- 2 TBSP cup extra-virgin olive oil, divided
- 1/4 cup almonds with skins, coarsely chopped
- 1/2 cup finely grated Pecorino

Preparation

- Combine lemon juice, Dijon mustard, shallot, garlic, 1/2 tsp. salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld.
- Mix thinly sliced kale and shredded brussel sprouts in a large bowl.
- Put 1 tsp. olive oil into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel-lined plate. Sprinkle almonds lightly with salt.
- Slowly whisk 2 TBSP olive oil in cup into lemon-juice mixture. Season dressing to taste with salt and pepper. If the mixture is chunky, puree it with a hand blender. Add 1-2 TBSP of water until the dressing is at creamy consistency.
 - DO AHEAD Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature.
- Add dressing and cheese to kale mixture; toss to coat. If desired, season lightly with salt and pepper. Garnish with almonds.
- This goes great with grilled fish, scallops, or shrimp

Lentil Salad with Feta Cheese

1 1/4 cups dried lentils
3 tablespoons fresh lemon juice
1 1/2 tablespoons olive oil

1/2 teaspoon dried thyme
1/4 teaspoon salt
1/8 teaspoon coarsely ground pepper
1 garlic clove, crushed
1 1/2 cups quartered cherry tomatoes
1 cup diced cucumber
1/2 cup (2 ounces) crumbled feta cheese
1/3 cup thinly sliced celery
Romaine lettuce leaves (optional)

Place lentils in a large saucepan; cover with water to 2 inches above lentils, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender. Drain well, and set aside. Combine lemon juice and next 5 ingredients (lemon juice through garlic) in a medium bowl; stir with a wire whisk until blended. Add lentils, tomatoes, cucumber, cheese, and celery to lemon juice mixture; toss gently to coat. Serve on lettuce-lined plates, if desired.

Yield: 4 servings (serving size: 1 1/2 cups)

CALORIES 309(26% from fat); FAT 8.9g (sat 2.9g,mono 4.5g,poly 0.9g); PROTEIN 19.8g;
CHOLESTEROL 13mg; CALCIUM 118mg; SODIUM 326mg; FIBER 8.2g; IRON 6.2mg;
CARBOHYDRATE 40.5g

Mexican Salad

- Salad
 - 2 1/2 cups chopped romaine lettuce
 - 1 can (15.5 oz) black beans, rinsed and well drained
 - 3/4 cup chopped seeded tomato
 - 3/4 cup chopped peeled jicama
 - 3/4 cup fresh corn kernels, uncooked (or frozen or canned)
 - 3/4 cup thinly sliced radishes
 - Half a ripe avocado, diced
 - 1 red bell pepper, chopped
 - 1/4 cup crumbled reduced-fat feta cheese
- Honey-Lime Dressing
 - 1/4 cup fresh lime juice
 - 1/4 cup olive oil
 - 2 tbsp honey
 - 2 tbsp finely chopped fresh cilantro
 - 1 garlic clove, peeled and minced
 - 1 tsp chopped jalapeño pepper (use canned for less heat)

Toss all salad ingredients in a large bowl. In separate bowl, mix dressing ingredients. Pour dressing over mixture and toss again. Season with salt and pepper to taste.

Pasta Salad with Avocado

- 16 ounces fettuccine, bowtie or rotini
- 1 ripe medium avocado, diced
- 1/2 cup sun-dried tomatoes, drained and chopped
- 1 large green bell pepper, diced (about 1 cup)
- 1/2 cup chopped fresh basil
- 1TBSP crushed garlic
- 3 scallions, chopped (about 1/2 cup)
- 1/4 cup sherry vinegar
- 2 tablespoons olive oil

In a large pot, cook the pasta according to the package directions. Drain and cool.

Meanwhile, set aside half the avocado for garnish. In a large bowl, combine all the remaining ingredients and toss until mixed. Add the cooled pasta and toss. Spoon the pasta into a serving bowl and garnish with the reserved avocado. Serve cold.

Makes 6 servings

Per serving: 336 calories; 10.5 g protein; 53.4 g carbohydrate; 10.7 g fat; 0 mg cholesterol; 6.9 g dietary fiber; 373 mg sodium

Refrigerator Pickles

8 cups sliced unpeeled cucumbers
2 cups sliced onions
1 cup peppers (red, green, jalapeño, etc)
8 cloves garlic
1 TBSP salt
1 ½ cups sugar
1 ½ cups white distilled vinegar
2 tsp celery seed
2 tsp mustard seed

Combine cucumbers, onion, peppers, and garlic. Sprinkle with salt and let sit 1 hour. Drain. In a bowl combine the rest of the ingredients. Pour liquid over cucumber mixture and mix well. Cover and refrigerate for 24 hours. These will keep in the fridge for up to 8 weeks. They can be frozen.

Sesame Chicken Salad

Vinaigrette:

- 1/4 cup rice vinegar
- 1/4 cup low-sodium soy sauce
- 2 tablespoons creamy peanut butter
- 1 teaspoon dark sesame oil
- 1 teaspoon bottled minced fresh ginger
- 1 teaspoon bottled minced garlic

Salad:

- 2 1/2 cups chopped cooked chicken breast
 - 2 cups thinly sliced napa (Chinese) cabbage
 - 1 cup red bell pepper strips
 - 1 cup fresh bean sprouts
 - 1 cup grated carrot
 - 2 tablespoons chopped green onions
 - 1 teaspoon sesame seeds, toasted
- Optional: Udon or other Japanese noodles

To prepare vinaigrette, combine first 6 ingredients, stirring with a whisk.

To prepare salad, cook noodles, then combine chicken and next 5 ingredients (through onions) in a large bowl. Drizzle with vinaigrette, tossing gently to coat. Put on plate and top with noodles. Drizzle with a small amount of dressing and sprinkle with sesame seeds.

Yield: 4 servings (serving size: 1 1/2 cups)

Thai Cabbage Salad

Salad

- 1/2 head ea. Red & Green cabbage (sliced thinly)
- 3 carrots grated
- 1 cucumber diced small
- 1 lg. Red pepper (diced small)
- 1 bunch Green Onions (slice 1/2 pcs)
- 1 bunch cilantro (chop)

Dressing

Dressing:

- 1/2 cup white vinegar
- 1/2 cup vegetable oil
- Few dashes of Sesame Oil

1/4 cup Soy Sauce
1 tbs. Garlic Chili Paste (Asian section in market)
2 Serrano chili's (minced)
4-6 Garlic Cloves (minced)
2 tbs. Sugar (Raw Sugar)

1 cup Peanuts chopped

Toss all salad ingredients together. Make dressing in jar and store in refrigerator for up to 1 week. When ready to serve toss salad and dressing, add peanuts last.

****NOTE:** If doing ahead of time do not toss dressing in. It will get soggy. If using a little at a time leave dressing off until ready to eat. Taking to a pot luck, toss when it in when you get there.

Warm Chickpea and Carrot-top Salad

Serves 4

1 tsp. olive oil
1 tsp. ground cumin
1 medium onion, minced
1 14-oz can chickpeas, drained
1 cup finely chopped carrot greens,
Juice of 1 lemon
Salt, to taste

Heat oil over medium heat. Add cumin, and sauté 1 minute, or until fragrant. Add onion and sauté until golden, about 2 minutes. Add chickpeas and sauté until heated through and any liquid has evaporated, about 2 minutes. Remove pan from heat and add carrot greens. Toss, then transfer to a serving bowl and season with lemon juice and salt before serving.