

Summer Salads

By Chef Lynda Lacher

Greens & Berries With Almond Strawberry Vinaigrette

Serves 6

- 6 cups spring green mix
- 2 Tbsp. red onions, very thinly sliced
- ¼ cup celery, bias sliced
- 2 cups mixed berries of your choice
- 1 ripe mango, peeled and diced
- 6 Tbsp. extra-virgin olive oil
- 1 clove garlic
- 3 large strawberries (or other berries)
- ¼ cup balsamic vinegar
- 2 tsp. Dijon mustard
- 1-2 tsp. honey
- 4 Tbsp. toasted sliced almonds, divided
- Salt and ground black pepper to taste

To prepare the dressing, combine the olive oil, garlic, strawberries, vinegar, mustard and honey in a blender and blend until smooth. Stir in 2 Tbsp. of almonds. Salt and pepper to taste.

Wash the greens and remove any tough stems. Place the greens, red onion and celery in a large bowl, season them with salt and pepper, and pour the prepared dressing over them. Toss well and divide the dressed greens among six plates, mounding them in the center of the plate. Garnish with the berries and mango. Sprinkle with the remaining 2 Tbsp. of toasted almonds.

Broccoli Wild Rice Salad With Buttermilk Herb Dressing

Serves 6

- 2 cups cooked wild/brown rice blend, chilled (or grain of your choice)
- 2 cups broccoli florets, washed and chopped
- 2 carrots, peeled, cut in half lengthwise and thinly sliced
- ½ cup currants, hydrated (may substitute raisins)
- ½ cup toasted sunflower seeds
- 1 cup celery, washed and diced

Dressing

- ¾ cup buttermilk
- 4 oz. soft goat cheese
- ¼ cup mayonnaise
- ½ cup fresh parsley, chopped
- ¼ cup fresh chives, minced
- 1 clove of garlic, minced
- Salt and pepper to taste

Combine all dressing ingredients in a food processor and puree until smooth. Refrigerate until needed.

In a large bowl, combine the broccoli, carrots, currants, sunflower seeds, celery and rice. Add the dressing and toss to coat evenly. Chill before serving. Cooked diced chicken or turkey may be added for a complete meal.



Photo by Elena Elisseeva

French Potato Salad With Tarragon

Serves 4

- 12 small baby red potatoes, scrubbed and quartered
- 1 cup French green beans, cut into 1" sections
- ¼ cup champagne vinegar
- 1 Tbsp. Dijon mustard
- ½ tsp. salt
- ¼ tsp. ground black pepper
- 1 Tbsp. fresh tarragon, minced
- 2 Tbsp. fresh parsley, minced
- ⅓ cup olive oil
- 1 Tbsp. capers
- 2 Tbsp. small red onion, peeled and finely diced

Blanch or steam the green beans until al dente. In a large pot of cold salted water, add the potatoes and simmer gently until tender. Do not overcook, the skin should stay intact. Drain and set aside.

In a small bowl, whisk together the vinegar, mustard, salt, pepper, tarragon, parsley and olive oil. Stir in the capers and onion. Pour the vinaigrette over the warm potatoes and green beans, toss gently.

Lemon Pasta Salad With Duck Confit

- ½ pound of linguine or udon noodles
- 1 large lemon, zest and juice
- 3 Tbsp. fresh basil, minced
- 2 Tbsp. extra-virgin olive oil
- Salt and white pepper to taste
- 2 duck confit legs, meat removed and shredded
- 1 pound asparagus, blanched, sliced into 2" pieces
- 2 large fresh tomatoes, diced

Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, rinse with cold water, drain. Place the pasta on a platter, sprinkle with lemon zest, juice, basil, salt, white pepper and oil; toss lightly. Garnish with the duck meat, blanched asparagus and fresh tomatoes.