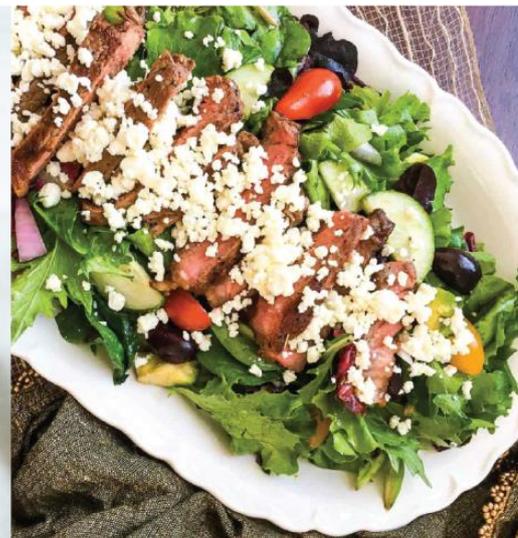


# SIX SUMMER SALADS



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# Grilled Chicken Caprese Salad



## Ingredients

- **For the balsamic dressing**
- ¼ Cup balsamic vinegar
- ½ Cup olive oil
- ½ Tbsp lemon juice
- 1 cloved garlic minced
- Salt and pepper to taste
- 1 Tbsp dijon mustard
- **For the balsamic grilled chicken**
- 1 Pound chicken breasts
- 3 Tbsp balsamic vinegar
- 4 Tbsp olive oil
- 1 Tbsp dijon mustard
- 1 Tbsp brown sugar
- 1 Tbsp lemon juice
- 1 Tsp garlic powder
- 1 Tsp dried basil

## Steps to Make

### **For the balsamic dressing**

- 1) Whisk together the balsamic vinegar with lemon juice, dijon mustard, salt, pepper and garlic. Whisk in the olive oil until everything is well incorporated.

### **For the balsamic grilled chicken**

- 2) In a small bowl combine the balsamic vinegar, olive oil, mustard, brown sugar, lemon juice and spices. Set aside.
- 3) Pat dry the chicken breasts and place into a Ziploc bag. Pour the marinade into the Ziploc bag and let it marinate for 4 hours.
- 4) Add some oil to a skillet over medium heat. Add the chicken breasts and cook 7 minutes per side or until done. Remove from fire and let it set for 3 minutes before slicing.

### **For the salad**

- 5) In a big bowl or dish arrange the lettuce, cherry tomatoes, bacon, avocado and bocconcini pearls.
- 6) Add the grilled chicken sliced. Drizzle with the

- *1 Tsp oregano*
- *1 Tsp paprika*
- *Salt and pepper to taste*
- *For the salad*
- *7 Cups lettuce washed and chopped*
- *1 Pint cherry tomatoes halved and quartered*
- *¼ Cup cooked bacon*
- *1 whole Avocado sliced*
- *1 Cup bocconcini pearls*
- *¼ Cup parmesan cheese shredded or shaved*

balsamic vinaigrette.

7) Top with parmesan cheese and serve.



# Italian Chopped Salad



## Ingredients

- 1 cup ditalini pasta uncooked
- 3 cups Romaine lettuce cut into bite size pieces
- 1 1/2 cups chickpeas rinsed and drained
- 1 1/2 cups summer sausage salami or mortadella, cubed
- 1 cup cubed Mozzarella
- 1 cup cherry tomatoes halved
- 1 cup artichoke hearts drained and halved
- 1/4 cup pimento stuffed olives sliced

## Steps to Make

- 8) In a large pot of salted water cook pasta until al dente according to package directions. For Ditalini I do about 8-9 minutes. Drain, rinse immediately under cold water and then drain again. Drizzle with a little olive oil and toss to prevent sticking.
- 9) In a medium bowl, add all ingredients except the olive oil and whisk to combine. Continue whisking and slowly drizzle in the Olive Oil. Whisk until the dressing is creamy.
- 10) In a large serving bowl, add the chopped Romaine, cooked ditalini, chickpeas, sausage, cheese, tomatoes, artichoke hearts, olives, and green onions. Drizzle on the dressing and toss well to combine
- 11) Serve immediately or keep the lettuce separate and store in the fridge until ready to serve.

### Meal Prep Instructions

To make this ahead, you simply prepare the salad ingredients as listed above, but omit the chopped Romaine lettuce and store until serving day. Chop the Romaine and keep it in a separate bag until you want to serve the salad. Store the dressing in a small mason jar

- *1/2 cup green onions chopped*

#### **DRESSING**

- *1 tablespoon Dijon mustard*
- *2 tablespoons honey*
- *2 cloves garlic minced*
- *1/2 cup red wine vinegar*
- *1 teaspoon dried Italian seasoning*
- *1/4 tsp pepper*
- *1/2 teaspoon salt*
- *1/2 cup extra-virgin olive oil*

in the fridge. Remove to let come to temperature on serving day and shake well before pouring on the salad.



## Baja Cobb Salad



### Ingredients

#### *Sweet and spicy chicken*

- ½ Pound chicken breast
- ½ Tsp garlic powder
- ½ Tsp paprika, ¼ Tsp cumin
- ½ Tsp chili flakes
- 2 Tbsp olive oil
- 2 Tbsp bbq sauce
- Salt and pepper to taste

#### *Cilantro lime dressing*

- 1 Bunch cilantro, 2 Garlic cloves
- ¾ Cups Greek yogurt
- 4 Tbsp lime juice
- Salt and pepper to taste

#### *Salad*

- ½ Cup refried beans
- ½ Cup corn
- ¼ Cup quick pickled onions
- Corn tortilla
- Shaved carrots, Cotija cheese
- 6 Cups greens

### Steps to Make

- 1) Start by making the chicken. In a bowl combine all the ingredients except for the chicken. Add in the chicken breast and coat well with the marinade. Let it rest for 1 hour. Preheat a skillet over medium heat and cook the chicken 4 minutes per side or until done and golden brown. Set aside and slice.
- 2) In a food processor combine all the cilantro lime dressing ingredients and pulse until creamy and well incorporated. Adjust the seasonings to your taste.
- 3) Start the salad. In a big bowl, place a bed of greens, top with the sweet and spicy chicken, refried beans, corn, onions, carrots and cotija cheese. Top with the cilantro lime dressing and serve with a warm worn tortilla.



# Greek Steak Salad



## Ingredients

### Dressing Ingredients:

- *¼ c. balsamic vinegar*
- *½ c. extra virgin olive oil*
- *2 Tbsp fresh lemon juice*
- *1 tsp Dijon mustard*
- *2 tsp Greek Seasoning*
- *Sea salt and black pepper to taste*

### Salad Ingredients:

- *1 lbs. Strip steak approximately 1½" thick*
- *1 extra virgin olive oil*
- *1 large avocado chopped*
- *1 fresh lemon juice*
- *4 c. mixed salad greens or other lettuce, of choice*
- *1 English*

## Steps to Make

- 1) In a medium bowl, combine the balsamic vinegar, olive oil, lemon juice, and Italian seasoning. Season with salt and black pepper, to taste, and whisk to combine. Set aside.
- 2) Add the steak to a large, sealable freezer bag. Pour half of the balsamic dressing on top and seal tightly. Gently turn bag to make sure the steak is thoroughly coated in the marinade. Marinate the steak for at least 30 minutes at room temperature (but not more than 2 hours) or place in the refrigerator overnight. Transfer the remaining half of the dressing to an airtight container and set aside until ready to use.
- 3) When ready to prepare the salad, place the top oven rack in the center position and pre-heat the oven to 400°F.
- 4) Turn exhaust fan to the highest setting and heat olive oil in a large oven-safe skillet over high heat. Remove steak from marinade and discard the bag. Add the steak to the hot skillet and sear on all sides, approximately 2 minutes per side.
- 5) Transfer skillet to the pre-heated oven and roast the steak to the desired level of doneness, approximately 8 minutes for medium-rare.\*\*
- 6) Use an instant-read thermometer to check for

*cucumber chopped*

- *1 c. grape or cherry tomatoes cut in half*
- *½ medium red onion thinly sliced*
- *½ c. Kalamata olives sliced*
- *½ c. Feta cheese crumbled*

doneness. The steak should be 5-10°F below desired temp (e.g., 135°F for medium-rar when removed from the oven. The internal temp will continue to rise while resting.

- 7) Remove steak from oven and transfer to plate. Cover loosely and set aside to rest for 5-10 minutes.
- 8) Meanwhile, toss the freshly chopped avocado with the lemon juice to prevent browning. Set aside.
- 9) Layer the mixed salad greens, cucumber, tomatoes, red onion, olives, and avocado on a large serving platter and season with salt and black pepper, to taste.
- 10) Once the steak is rested, slice into thin strips and place on top of the salad. Top with crumbled Feta cheese and serve immediately with the remaining balsamic dressing on the side. Enjoy!

**Notes**

- 1) Please note, actual cook time will vary depending on a number of factors, including starting temperature of the beef, thickness, desired level of doneness, and individual oven differences.
- 2) For best results, allow the meat to rest at room temperature for 30 minutes prior to cooking.



# PICNIC SALAD

## Picnic Salad



### Ingredients

- *2 cups kidney beans rinsed and drained*
- *2 cups frozen corn*
- *1 zucchini chopped, optional*
- *1 cucumber chopped*
- *2 Roma tomatoes chopped*
- *1 small red onion chopped*
- *3 green onions chopped*
- *1/2 cup sliced black olives drained*
- *1 cup Catalina salad dressing*
- *1 ½ cup cheddar cheese shredded*
- *1 ½ cup corn chips*

### Steps to Make

- 1) Place beans and corn in a large serving dish and toss to combine. Fold in the vegetables.
- 2) Pour dressing over the mixture and stir to combine.
- 3) Top with cheese and corn chips and serve.



## Tuna Dill Salad



### Ingredients

- **Ingredients:**
- **1 small head of romaine lettuce heart**
- **2 (170g) cans of flaked light tuna in water (strained)**
- **1/3 cup small red onion diced**
- **1/3 cup (3 ribs) of celery diced**
- **1/2 fresh lemon (juiced)**
- **1/4 cup mayo**
- **1 tbsp fresh dill (chopped)**
- **A pinch of salt & pepper**

### Steps to Make

- 1) Cut bottom section of romaine lettuce to separate leaves.
- 2) Use 4 to 6 of the heart leaves as boats.
- 3) In a medium bowl mix tuna, onions, celery, lemon juice, mayo, dill, salt & pepper.
- 4) Using a spoon, fill the lettuce boats and serve.
- 5) ENJOY!



## Strawberry Pineapple Lemonade



### Ingredients

- **1 lb. strawberries washed and hulled**
- **5 lemons juiced about 1½ cups**
- **1 large fresh pineapple cut into spears then cut into chunks**
- **1 cup sugar**
- **4 cups water**
- **Ice**

### Steps to Make

- 1) Place strawberries and pineapple in a blender.
- 2) Pulse for 3-4 seconds
- 3) Add the lemon juice from the lemons.
- 4) Pulse until pureed.
- 5) Transfer to a large pitcher.
- 6) Add in 2 cups of the water and sugar, stir to dissolve the sugar.
- 7) Add in the rest of the water.
- 8) Stir well and refrigerate.
- 9) Serve cold over ice.

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Keep the kitchen cooler and enjoy these easy and delicious salads all summer long. With the longer days and the warmer weather, who couldn't use a little more FREE time? Main dish Summer salads to the rescue! Easy to prepare and even easier to eat, Forget about those garden variety iceberg side salads no one wants to eat.

We are going BIG on flavor here in these savoury flavor packed Salads. Filled with delicious seasonal ingredients, and lots of variety, there is something for every taste. Picky eaters? We've got substitutions and alternatives to help cover them too.

Add these to your weekly meal plan for some delicious, healthy, easy to make dinners, and then pack up the leftovers for a healthy, budget friendly lunch. Pro tip: Salad wrapped in a pita or a tortilla is the perfect portable meal for those super busy nights filled with sports practices and games. Assemble at the last minute to avoid soggy sandwiches, wrap in waxed paper or sandwich wraps and you're out the door with happy kids, and NO drive thru.

I hope you enjoy this collection of some of my favorite Summer Salads. If I have to choose just one, my personal favourite is the Chicken Caprese Salad, it is everything Summer, on a plate! Serve up with some grilled foccacia and dinner is done.

Find more great family friendly, flavor packed recipes at [www.LoveOnAPlate.net](http://www.LoveOnAPlate.net)