

1ST  
EDITION

ALL THE RECIPES YOU NEED

# TODAY'S COOKING

*Delicious Made Easy!*

## SALADS



Each Volume has  
Hundreds of Recipes

Volume

- a. **Appetizers**
- b. **Soups**
- c. **Sauces, Dressings & Seasonings**
- d. **Dairy & Egg**
- e. **Salads**
- f. **Vegetables**
- g. **Fruits**
- h. **Pasta, Grains & Breads**
- i. **Sweets**  
Cookies/Cakes  
Desserts
- j. **Drinks**

Volume

- k. **Seafood**  
Fish  
Shellfish
- l. **Poultry**  
Chicken  
Turkey & more
- m. **Meats**  
Beef  
Pork  
Lamb & more
- n. **Casseroles/Stews**
- o. **Vegetarian**
- p. **Miscellaneous**

Cooking tips & tricks

Measures & equivalents



# TODAY'S COOKING

## Welcome!



[Skip Introduction](#)

## *Introduction*



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

# TODAY'S COOKING

“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastonomy is the joy of all conditions and all ages. It adds wit to beauty.”  
- Monselet

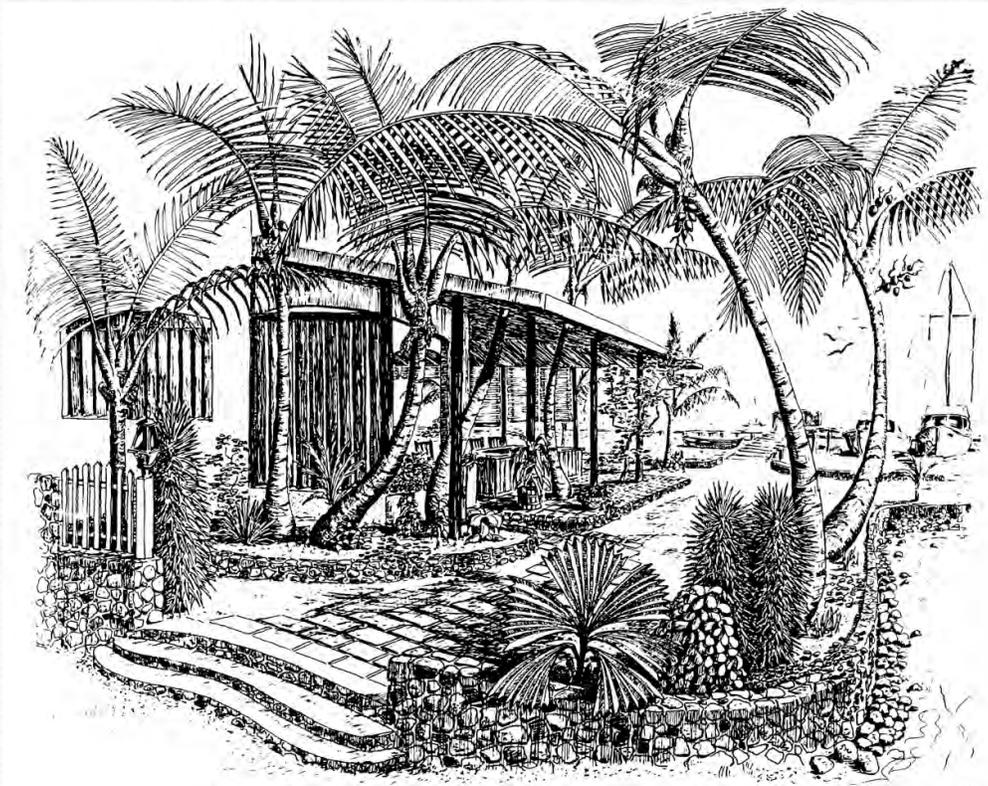
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD

# TODAY'S COOKING



Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

# TODAY'S COOKING



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## Vegetable & Fruit Salads

For dressings, see [Todays Dressings\\_Sauces\\_Seasonings](#)

### WHITE ASPARAGUS SALAD - SERVES 4

#### Ingredients

1. 1 tsp. fresh tarragon, chopped
2. 1/2 cup tomatoes, seeded and finely chopped
3. 1/3 cup olive oil
4. 1 garlic clove, minced or pressed
5. 2 Tbs. white wine vinegar
6. 1 jar (12 oz.) white asparagus
7. Lettuce or arugula

#### Preparations

1. In a small bowl, whisk together items 1 through 5. On individual plates, arrange 4 to 6 asparagus spears on the greens. Drizzle about 3 Tbs. of the dressing on each serving.

### ASPARAGUS & RADISH SALAD - SERVES 6

#### Ingredients

1. 1 lb. fresh asparagus, trimmed and cut into 2" pieces
2. 8 radishes, thinly sliced
3. 2 Tbs. sesame seeds

#### Dressing

1. 2 Tbs. olive oil
2. 2 Tbs. thinly sliced green onion
3. 1 Tbs. white wine vinegar

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4. 1 Tbs. lemon juice
5. 2 tsp. honey
6. 1 tsp. Dijon mustard
7. 1/4 tsp. ea. garlic powder, grated lemon zest & black pepper

## Preparations

1. In a large saucepan, bring 6 cups water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and plunge into ice water. Drain and pat dry.
2. Place in a large bowl; add radishes and sesame seeds. Place dressing ingredients in a jar with a tight-fitting lid and shake well. Pour over the salad; toss to coat and serve.

## BEEF SALAD - SERVES 4 TO 6

## Ingredients

1. 2 lbs. medium sized beets, trimmed
2. 1 tsp. cumin seeds
3. 1 tsp. salt
4. 1 Tbs. olive oil\*
- 
5. 1-1/2 tsp. balsamic vinegar
6. 1 tsp. Dijon mustard
7. 1/2 Tbs. sherry
8. 6 Tbs. olive oil\*
9. 1/4 tsp. salt & pinch of pepper
10. 1 Tbs. minced shallots
- 
11. 3 quarts packed arugula (10 oz.)
12. Salt & pepper to taste
13. 1/3 cup pine nuts

## Preparations

1. Wash whole beets and trim off root and stalk. In a large bowl toss together the beets, cumin, salt and 1 Tbs. of the oil. Wrap the beets in foil; place on baking sheet and bake on the middle rack @ 450° F (230° C) for 1 to 1-1/2 hours. Cool; peel off skin and cut each beet into 8 wedges.
2. Toast nuts in a skillet stirring constantly until golden, about 5 minutes and set aside. Be careful, they can burn quickly.

# TODAY'S COOKING

3. Use a blender to emulsify items 5 through 8 (20 to 30 seconds on high). Add items 9 & 10.
4. Toss the beets with 2 Tbs. of the vinaigrette. Toss the arugula with the rest of the vinaigrette. Place the arugula on chilled salad plates; top with the beets and sprinkle with the pine nuts.

**Note:** The beets and vinaigrette can be made a day ahead and chilled in air tight containers in the refrigerator. Toss the beets with the 2 Tbs. of vinaigrette just before serving.

## BEAT & CARROT SALAD - SERVES 4

### Ingredients

1. 1 lb. beets, peeled and cut into 1/2" thick wedges, wedges cut in half crosswise if beets are large
2. 1 lb. carrots, peeled and cut on bias into 1/4" thick slices
3. 2 Tbs. olive oil\*
4. Salt and ground black pepper
5. 1/4 tsp. sugar
- 
6. 1 Tbs. olive oil\*
7. 2 Tbs. white wine vinegar
8. 1 tsp. honey
9. 1 medium shallot, minced (about 3 tablespoons)
10. 1/4 tsp. salt
11. 1/8 tsp. pepper
12. 4 cups baby spinach, washed and trimmed

### Preparations

1. Adjust oven rack to lowest position, place large rimmed baking sheet on rack, and heat oven to 500°F (260°C). Toss together items 1 through 5 in a large bowl. Remove baking sheet from oven and, working quickly, carefully transfer beets and carrots to sheet and spread in even layer. (Do not wash bowl.) Roast until vegetables are tender and well-browned on one side, 20 to 25 minutes (do not stir during roasting).
2. Meanwhile, whisk items 6 through 11 in the now-empty bowl.
3. Toss hot vegetables with vinaigrette and cool to room temperature, about 30 minutes. Stir in watercress, transfer to serving platter, and serve.

# TODAY'S COOKING

## BEEF & POTATO SALAD - SERVES 10 TO 12

### Ingredients

1. 4 lbs. red potatoes, cooked and cut into 1" chunks
2. 3 large beets, cooked, peeled and cut into 1" chunks
3. 6 hard-cooked eggs (see [Today's Cooking\\_Eggs pg. 7](#)), chopped
4. 3 large scallions, chopped
5. 1 cup mayonnaise
6. 2 to 3 Tbs. sweet pickle relish
7. 1/2 tsp. dry mustard
8. 1 to 2 tsp. sea salt
9. 1 to 2 tsp. freshly ground black pepper
10. 1 tsp. paprika
11. 1 Tbs. chopped parsley

### Preparation

1. Wash whole beets and leave on the root and 1" of stalk. Wrap in foil, leaving stalk protruding and bake on middle rack @ 450°F (230°C) for 1 1/2 hours. Cool; peel off skin and chop.
2. Boil the whole potatoes for 20 minutes. Cool and chop.
3. Mix all ingredients and chill well.

## ROASTED BEET SPRING SALAD - SERVES 6

### Ingredients

1. 6 fresh beets, washed
2. 6 Tbs. chopped fresh mint
3. 6 Tbs. chopped fresh chives
4. 6 tsp. lemon zest
5. Salt & pepper to taste
6. 3 tsp. lemon juice
7. 6 tsp. olive oil

### Preparation

1. Trim the beets by leaving 1-1/2" of the tops and the roots untouched. Roast the beets.

# TODAY'S COOKING

2. Roasting method #1: wrap each beet in foil, leaving 1" of the tops protruding. In a 450° F (230° C) oven, place the beets on the middle rack and bake 1-1/2 hours. Roasting method #2: Place beets on a rimmed baking pan and add just enough water to cover the bottom of the pan. Cover the pan tightly with foil and roast in a 400° F (200° C) oven for 1 hour or until fork tender.
3. Let beets cool and then trim off both the tops and roots. Slip off the skins and using the largest holes of a box grater, grate the beets. Place into a serving bowl and add ingredients 2 through 5. Mix well. Dress the salad with the juice and oil whipped together with a fork. Chill or serve room temperature.

## MINTED BEET SALAD - SERVES 6

### Ingredients

1. 6 medium fresh beets, washed
2. 2 Tbs. water
3. 2 Tbs. champagne vinegar or rice wine vinegar
4. 2 Tbs. olive oil
5. Salt & pepper to taste
6. 2 Tbs. thinly sliced fresh mint
7. 1/4 cup kalamata olives, quartered

### Preparation

1. Trim tops of beets to 1". Place in microwave-safe dish; add water; cover and microwave about 15 minutes, turning once, until fork tender. For more "earthy" flavor, roast as in the above recipe. Let cool; peel and cut into 3/4" pieces.
2. Whisk together ingredients 3, 4 & 5. Add the beets, olives and half the mint. Refrigerate at least an hour. Top with the remaining mint and serve.

## COLD BEET SALAD - SERVES 6

### Ingredients

1. 2 medium-sized beets, peeled and grated
2. 3 Tbs. olive oil
3. 1/2 head red cabbage, very thinly sliced or grated
4. 5 radishes, julienne

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5. 3 green onions, chopped
6. 1 Tbs. or more of sugar
7. 3 Tbs. red wine vinegar
8. 2 Tbs. Dijon mustard
9. 2 Tbs. dill pickle relish
10. 3 Tbs. chopped dill
11. Salt & pepper to taste

## Preparation

1. Heat a large skillet with the oil over medium-high. Add the beets and cook, stirring occasionally, for 4 minutes. Add the cabbage; cover and cook another 4 minutes. Place in a bowl and let cool.
2. Blend items 6 through 9 completely. Add this dressing along with the radish and green onions to the beets and cabbage and mix well. Season and serve at room temperature or chilled.

## BEEF, LEMON & WALNUT SALAD - SERVES 6

### Ingredients

1. 4 large, roasted beets, peeled and sliced 1/8" thick
2. 1 Tbs. sugar
3. 2 Tbs. lemon juice
- 
4. Spring mix greens
5. 1/3 cup crumbled blue cheese
6. 1/4 cup toasted walnut pieces
7. 2 Tbs. olive oil
8. Flaked sea salt & freshly ground pepper to taste

### Preparation

1. Combine the first 3 items and let stand 1 hour at room temperature.
2. Place the greens on the plates. Add the beets; sprinkle with the cheese and nuts; drizzle with the oil and season.

# TODAY'S COOKING

## BEEF SALAD W/ ONION & GRAPEFRUIT - SERVES 4

### Ingredients

1. 3 medium fresh beets (about 1 lb.)
2. 1/8 cup olive oil
3. 1-1/2 Tbs. lemon juice
4. 1 Tbs. apple cider vinegar
5. 1 Tbs. honey
6. 1/8 tsp. ea. salt & pepper
- 
7. 1 large ruby red grapefruit, peeled and sectioned
8. 1 small red onion, halved and sliced very thin

### Preparations

1. Preheat the oven @ 450° F (230° C).
2. Wrap each beat with foil, leaving 1" of the tops protruding through the foil. Bake on the middle rack for 1-1/2 hours. Let cool; rub off the skin and thinly slice. Place in a serving bowl.
3. Whisk together items 2 through 6 and pour over the beets. Add the last 2 items and gently toss.

## ROASTED BEETS AND APPLE SALAD - SERVES 4

### Ingredients

1. 1 teaspoon dijon mustard
2. 1 Tbs. lemon juice or to taste
3. 3 Tbs. extra-virgin olive oil
4. 6 cups mesclun greens (about 5 oz.)
5. 1-1/2 cups roasted beets
6. 1 cucumber, thinly sliced
7. 1 Granny Smith apple, thinly sliced

### Preparation

1. Preheat the oven @ 450° F (230° C). Wrap the beets in foil and roast an hour. Let cool and slip off the skins and cut into quarters.

# TODAY'S COOKING

2. In a large bowl whisk together the first 2 items. Gradually whisk in the olive oil until smooth; season with salt and pepper. Add the beets and remaining items; toss well to coat; season with salt and pepper.

## CHILLED BEETS TO USE ON SALADS

### Ingredients

1. 2 cups roasted beets, julienned or canned beets, drained & julienned
2. 1 tsp. ea. sugar & salt
3. 1/2 tsp. prepared horseradish
4. 1/4 cup red wine vinegar

### Preparation

1. Combine the items and chill. Use on various salads.

## CARROT & CRANBERRY SALAD - SERVES 4

### Ingredients

1. 1/2 cup mayonnaise
2. 1/4 cup extra-virgin olive oil
3. 1 Tbs. ea. honey & white wine vinegar
- 
4. Kosher salt and freshly ground black pepper to taste
5. 4 cups shredded carrots (about 8 medium-sized carrots)
6. 1/4 cup dried cranberries
7. 1/4 cup toasted pecans, coarsely chopped
8. 1/2 tsp. celery seed

### Preparation

1. Whisk items 1, 2 & 3 in a small bowl. Sprinkle with the salt and pepper.
2. In a medium bowl, combine the remaining items. Add the mayo mixture and toss until well combined. Cover and refrigerate until ready to serve.

# TODAY'S COOKING

## CAULIFLOWER SALAD - SERVES 4

### Ingredients

1. 1 small head of cauliflower, leaves removed (approx. 1 lb.)
2. 2 Tbs. extra-virgin olive oil
3. 2 Tbs. red wine vinegar
4. Celery salt & freshly ground black pepper to taste
5. 1/3 cup chopped white or red onion
6. 1/4 tsp. celery seed

### Preparation

1. Break the cauliflower into bite-sized pieces. Add the remaining items and mix well. Chill well.

## CAULIFLOWER SALAD #2 - SERVES 4

### Ingredients

1. 1 small head of cauliflower, leaves removed (approx. 1 lb.)
2. 1/4 cup (4 Tbs.) olive oil
3. 1/4 cup (4 Tbs.) red wine vinegar
4. 1/3 cup chopped red onion
5. 1/2 tsp. celery salt
6. 1/2 tsp. ground cumin or to taste
7. Freshly ground black pepper to taste

### Preparation

1. Break the cauliflower into bite-sized pieces. Add the remaining items and mix well. Chill well.

# TODAY'S COOKING

## PURPLE CAULIFLOWER SALAD - SERVES 4

### Ingredients

1. 1 head purple cauliflower
2. 3 Tbs. olive oil
3. 4 thin slices lemon
4. 2 cloves garlic, thinly sliced
5. 1/2 tsp. ea. crushed fennel seeds & crushed coriander seeds
6. 2 Tbs. fresh lemon juice
7. Kosher salt and freshly ground black pepper to taste
8. Chopped parsley and chives

### Preparation

1. Thinly slice the cauliflower (preferably use a mandoline or else a sharp knife). Place in a large bowl and set aside.
2. Heat the oil in a small skillet over medium. Add items 3, 4 & 5 and cook, stirring occasionally, until the garlic just starts to brown, about 4 minutes.
3. Remove from the heat; pour the dressing over the cauliflower and stir in the lemon juice.. Season with salt and pepper, sprinkle with parsley and chives and toss.

To pre-salt cucumbers: put sliced cucumbers in a bowl and use 1 tsp. of salt for each medium-sized cucumber. Mix with your hands; cover and chill 30 minutes to an hour. Rinse with cold water; drain and pat dry.

## CREAMY CUCUMBER SALAD - SERVES 4 TO 6

### Ingredients

1. 3 large fresh cucumber, peeled, halved, seeded and sliced thin.
2. 1/2 cup thin sliced red onion or radish
3. 3 Tbs. cider vinegar
4. 1/2 cup sour cream
5. 1/4 cup minced fresh dill
6. 1/2 tsp. each sugar & salt

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## Preparation

1. Place the cucumbers on a baking sheet lined with paper towels and refrigerate 20 minutes.
2. Combine the onion and vinegar and let sit at room temperature for 20 minutes.
3. Whisk together the remaining ingredients until blended. Add the cucumbers and onions; mix well and season with salt & pepper to taste.

## CUCUMBER SALAD - SERVES 4

### Ingredients

1. 2 cups cucumbers, peeled, seeded and thinly sliced
2. 1/2 cup of grape tomatoes, halved
3. 1/2 cup radishes, thinly sliced
- 
4. 1/8 cup ea. sour cream and buttermilk\*
5. 1/2 Tbs. white wine vinegar
6. 1/2 tsp. each dill weed and minced garlic
7. Salt & pepper to taste

### Preparation

1. Arrange the vegetables on 4 plates.
2. Whisk together the remaining ingredients and serve on the side
3. \*If you don't have buttermilk, add a drop or two of vinegar to regular milk.

## HAPSBURG SALAD - SERVES 4 TO 6

### Ingredients

1. 2 large onions, sliced thin
2. 2 large cucumbers, peeled, scored and sliced thin
3. Salt
4. Olive oil
5. Red wine vinegar

# TODAY'S COOKING

6. Black pepper to taste
7. Chopped parsley
8. Paprika

## Preparations

1. In a large jar with a lid, place the onion and cucumber in alternating layers, salting each layer generously.
2. Fill the jar with ice water; cover and chill several hours.
3. Drain; rinse and drain well.
4. Cover with equal parts oil & vinegar. Cover with plastic wrap and refrigerate.
5. To serve, drain and top each serving with the last 3 ingredients.

## RED & WHITE SUMMER SALAD - SERVES 4

### Ingredients

1. Finely shredded red cabbage
2. Chopped scallion, cucumber & green pepper
3. Shredded carrot
4. 2 hard-cooked eggs (see [Today's Cooking\\_Eggs pg. 7](#)), sliced
5. Alfalfa or Mung bean sprouts

### Preparations

1. Arrange the cabbage on four plates. Top with the remaining ingredients in order and provide a choice of dressings.

## PELICAN HOUSE SALAD - SERVES 4

### Ingredients

1. 2 large ripe tomatoes, sliced thick
2. 1 cucumber, peeled and sliced thin
3. Mozzarella, sliced thin
4. Red onion, sliced thin

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5. Vinaigrette
6. Chopped parsley
7. Salt & pepper to taste

## Preparations

1. Arrange items 1 through 4 in alternating layers. Drizzle with vinaigrette; season with salt, pepper and parsley. Serve at room temperature.

## CUCUMBER HOUSE SALAD - SERVES 4

### Ingredients

1. 1 large cucumber, peeled and thinly sliced
- 
2. 2 green onions, sliced
3. 1/8 cup red wine vinegar
4. 1/2 Tbs. soy sauce
5. 1/2 Tbs. olive oil
6. Salt & pepper to taste
7. Radishes

### Preparations

1. Combine items 2 through 5 and pour over the cucumbers. Adjust seasonings and serve topped with thinly sliced radishes.

## SCANDINAVIAN CUCUMBER SALAD - SERVES 4 TO 6

### Ingredients

1. 1/4 cup white wine vinegar
2. 1 tsp. ea. salt & sugar
3. 1/2 tsp. dill weed
4. 1/4 tsp. white pepper
5. 2 medium cucumbers, peeled, seeded and thinly sliced

# TODAY'S COOKING

## Preparation

1. Use pre-salted or fresh sliced cucumbers
2. Whisk together items 1 through 4 and pour over the cucumbers. Cover and chill at least 1 hour.
3. Drain the cucumbers, saving some of the marinade and arrange on a serving plate or in small, individual dishes. Drizzle with a little of the marinade.

## ORIENTAL MARINATED CUCUMBER SALAD - SERVES 4 TO 6

### Ingredients

1. 1/3 cup rice wine vinegar or 1/4 cup white wine vinegar
2. 1 tsp. ea. salt
3. 4 tsp. sugar
4. 2 tsp. grated fresh ginger or 1/2 tsp. ground ginger
5. 2 medium cucumbers, peeled, seeded and thinly sliced

### Preparation

1. Use pre-salted or fresh sliced cucumbers. Whisk together items 1 through 4 and pour over the cucumbers. Cover and chill at least 1 hour.
2. Drain the cucumbers and arrange on a serving plate or in small, individual dishes. Drizzle with a little of the marinade.

## COLE SLAW - SERVES 8

### Ingredients

1. 1/3 cup mayonnaise
2. 1/4 cup Dijon mustard
3. 1/4 cup packed brown sugar
4. 2 Tbs. buttermilk\*
5. 3 Tbs. apple cider vinegar
6. 4 tsp. celery seeds
7. 1 tsp. salt
8. 1/4 tsp. pepper
9. 1/8 tsp. cayenne

# TODAY'S COOKING

- 
- 10. 3 cups each shredded green and red cabbage
- 11. 1 green bell pepper, finely diced
- 12. 1 large carrot, peeled and shredded
- 13. 1/2 cup grated onion
- 14. 1/4 cup minced parsley

## Preparation

1. Combine items 1 through 9 and whisk thoroughly. In a large bowl combine the remaining items; toss well; add the dressing and toss again. Cover and chill the salad.

## COLE SLAW - SERVES 4

### Ingredients

1. 1/2 cup mayonnaise
2. 1 Tbs. whole-grain mustard
3. 1 Tbs. sugar
4. 2 Tbs. apple cider vinegar
5. 1/2 tsp. celery or caraway seeds
6. Salt & pepper to taste
- 
7. 6 cups thinly slice light-green cabbage
8. 1 gala apple, julienned
9. 1 small carrot, peeled and shredded
10. 1 bunch scallions, thinly sliced

### Preparation

1. Combine items 1 through 6 and whisk thoroughly. In a large bowl combine the remaining items; toss well; add the dressing and toss again. Cover and chill the salad.

# TODAY'S COOKING

## MOM'S COLE SLAW - SERVES 6

### Ingredients

1. 1/2 cup mayonnaise
2. 1/4 cup ea. milk and buttermilk
3. 1/4 cup sugar
4. 2 tsp. white vinegar
5. 1/4 tsp. hot sauce
6. Salt & pepper to taste
- 
7. 1/2 medium-sized head of green cabbage (approx. 1-1/4 lbs.)
8. 1/2 cup ea. finely chopped celery and red bell pepper
9. 1/3 cup finely chopped onion

### Preparation

1. Combine items 1 through 6; whisk thoroughly and set aside.
2. Cut the cabbage into 2" chunks. Place half into a food processor and pulse until chopped. Place into a large bowl and process the remaining cabbage. Add the cabbage and items 8 & 9 to the bowl; mix; pour the dressing on top and mix again.
3. Cover and chill the salad.

## SOUTHERN COLE SLAW - SERVES 4

### Ingredients

1. 4 cups sliced green cabbage
2. 2 cups sliced red cabbage
3. 1 large carrot, peeled and thinly sliced
- 
4. 1 tsp. dry mustard
5. 1/4 cup sugar
6. 2 tsp. black pepper
- 
7. 1-1/2 Tbs. white vinegar
8. 1 cup mayonnaise

# TODAY'S COOKING

## Preparation

1. In a large bowl combine items 1 through 6 and mix thoroughly. Add the vinegar and toss well; add the mayonnaise and toss again. Cover and chill the salad.

## KENTUCKY COLE SLAW - SERVES 6

### Ingredients

1. 1/2 cup mayonnaise
2. 1/4 cup ea. milk and buttermilk
3. 1/3 cup sugar
4. 2 Tbs. minced onion
5. 1-1/2 Tbs. ea. white vinegar & lemon juice
6. 1/2 tsp. salt
7. 1/8 tsp. pepper or to taste
- 
8. 1/2 medium-sized head of green cabbage (approx. 1-1/4 lbs.)
9. 1/2 cup ea. finely chopped celery and carrot
10. 1/2 cup thinly sliced red onion

### Preparation

1. Combine items 1 through 7 in a jar with a tight-fitting lid; shake thoroughly and set aside.
2. Core and thinly slice the cabbage into a large bowl. Add items 9 & 10 to the bowl; mix; pour the dressing on top and mix again.
3. Cover and chill the salad.

## SMOKEY & SPICY SLAW - SERVES 4

### Ingredients

1. 2 Tbs. olive oil
2. 2 Tbs. lime juice
3. 2 tsp. finely chopped chipotle peppers in adobo sauce
4. 2 tsp. minced garlic

# TODAY'S COOKING

5. 1/2 tsp. sugar
6. 1/4 tsp. salt
- 
7. 3 cups shredded red cabbage
8. 1 cup thinly sliced radicchio
9. 1 cup very thinly sliced Broccoli

## Preparation

1. In a medium-sized bowl whisk together items 1 through 6. Add the remaining items and toss well; cover and chill the salad.

## CREAMY GREEN SLAW - SERVES 4

### Ingredients

1. 1/4 cup mayonnaise
2. 2 Tbs. apple cider vinegar
3. 1 Tbs. water
4. 1 tsp. minced garlic
5. 2 tsp. grainy mustard
6. 1 tsp. freshly ground black pepper
7. 1/4 tsp. kosher salt
- 
8. 3 cups shredded green cabbage
9. 1 cup matchstick cup carrots
10. 1/2 cup chopped parsley

### Preparation

1. In a medium-sized bowl whisk together items 1 through 7. Add the remaining items and toss well; cover and chill the salad.

# TODAY'S COOKING

## PENNSYLVANIA DUTCH SLAW - SERVES 16

### Ingredients

1. 1 medium-sized head green cabbage, shredded (about 8 cups)
2. 1 cup shredded red cabbage
3. 4 to 5 carrots, shredded
4. 1 cup mayonnaise
5. 2 Tbs. cider vinegar
6. 1/2 cup sugar
7. 1 tsp. salt
8. 1/4 tsp. pepper

### Preparation

1. In a large bowl, combine cabbage and carrots; set aside. In a small bowl, combine all remaining ingredients; pour over cabbage mixture. Toss well and refrigerate overnight.

## APPLE COLESLAW - SERVES 12

### Ingredients

1. 4 cups shredded cabbage
2. 1 large apple, chopped
3. 3/4 cup raisins
4. 1/2 cup chopped celery
5. 1/4 cup chopped onion
- 
6. 1/4 cup mayonnaise
7. 2 Tbs lemon juice
8. 1 Tbs sugar
9. 1 Tbs olive oil
10. 1/2 tsp. salt
11. 1/8 tsp. pepper

### Preparation

1. In a serving bowl, combine items 1 through 5.

# TODAY'S COOKING

2. In a small bowl, combine the remaining items. Pour over cabbage mixture and toss to coat.
3. Cover and refrigerate for at least 30 minutes.

## PAPAYA & PINEAPPLE SLAW - SERVES 8

### Ingredients

1. 1/2 cup pineapple juice
2. 1/4 cup olive oil
3. 2 Tbs. lime juice
4. 2 Tbs. minced fresh cilantro
5. 1/2 tsp. ground cumin
6. 1/4 tsp. salt
- 
7. 6 cups shredded cabbage (about 1 small head)
8. 1-1/2 cups ea. chopped peeled papaya & cubed fresh pineapple
9. 1 small red bell pepper, chopped

### Preparations

1. Whisk together first 6 items. Place remaining ingredients in a large bowl. Drizzle with the dressing; toss to coat. Refrigerate, covered, at least 2 hours. Stir before serving.

## FINELY CHOPPED COLESLAW - SERVES 6

### Ingredients

1. 1/2 medium head cabbage (about 1-1/4 pounds)
2. 1/2 cup finely chopped celery
3. 1/4 cup ea. finely chopped green & red bell pepper
4. 1/3 cup finely chopped sweet onion

### Dressing

1. 1/2 cup mayonnaise
2. 1/4 cup sugar
3. 1/4 cup ea. milk & buttermilk

# TODAY'S COOKING

4. 2 tsp. white vinegar
5. 1/4 tsp. hot pepper sauce
6. Black pepper to taste

## Preparations

1. Cut cabbage into 2" pieces. Place half of the cabbage in a food processor; pulse until chopped. Transfer to a large bowl; repeat with remaining cabbage.
2. Add remaining vegetables to cabbage. In a small bowl, whisk dressing ingredients until blended. Pour over coleslaw and toss to coat. Refrigerate until serving.

## APPLE, CABBAGE & WALNUT SLAW - SERVES 12

## Ingredients

1. 3/4 cup mayonnaise
2. 3/4 cup buttermilk
3. 4 to 5 Tbs. sugar
4. 4-1/2 tsp. lemon juice
5. 3/4 tsp. salt
6. 1/4 to 1/2 tsp. pepper
7. 6 cups shredded cabbage (about 1 small head)
8. 1-1/2 cups shredded carrots (2-3 medium carrots)
9. 1/3 cup finely chopped red onion
10. 1 cup coarsely chopped walnuts, toasted
11. 3/4 cup raisins
12. 2 medium apples, chopped

## Preparation

1. Whisk together first 6 ingredients. In a large bowl, combine vegetables, walnuts and raisins; toss with dressing. Fold in apples.
2. Refrigerate, covered, until serving

# TODAY'S COOKING

## CABBAGE SALAD - SERVES 6

### Ingredients

1. 1/4 cup vinegar
2. 2 Tbs. olive oil or vegetable oil
3. 2 tsp. garlic salt
4. 2 tsp. sugar
5. 1/2 teaspoon dried tarragon
6. 6 cups shredded cabbage

### Preparations

1. In a small bowl or jar with tight-fitting lid, combine items 1 through 5. Place cabbage in a large bowl; add dressing and toss to coat. Cover and refrigerate for at least 2 hours.

## JAPANESE-STYLE CABBAGE SALAD - SERVES 12

### Ingredients

1. 3 Tbs. sesame oil
2. 3 Tbs. rice vinegar
3. 1 clove garlic, minced (optional)
4. 1 tsp. grated fresh ginger root (optional)
5. 1 Tbs. white sugar (optional)
6. 1 tsp. salt
7. 1 tsp. black pepper
8. 1/2 large head cabbage, cored and shredded
9. 1 bunch green onions, thinly sliced
10. 1 cup almond slivers
11. 1/4 cup toasted sesame seeds

### Preparations

1. Whisk together sesame oil, vinegar, garlic, ginger, sugar, salt, and pepper in a small bowl until the sugar has dissolved. Toss the cabbage, green onions, almonds, and sesame seeds in a large bowl with the dressing until well coated.

# TODAY'S COOKING

## COLD GREEN BEAN SALAD - SERVES 8

### Ingredients

1. 3 lbs. trimmed green beans
2. 1-1/2 cups crème fraîche
3. 3 Tbs. finely chopped fresh basil
4. Salt & pepper to taste
5. Pinch of sugar

### Preparation

1. Cook the green beans in boiling water for 6 minutes. Plunge into ice water; drain; dry and refrigerate. Toss with the remaining ingredients and let stand 20 minutes before serving.

## CORN AND TOMATO SALAD - SERVES 4

### Ingredients

1. 2 Tbs. olive oil
2. 2 Tbs. fresh lime juice
3. 1 tsp. seasoned salt
4. 1/2 tsp. ground cumin
5. 1/2 tsp. each salt & pepper
- 
6. Kernels cut from 2 ears of grilled corn
7. 1 green onion, sliced
8. 1/2 cup chopped red onion
9. 1 pt. cherry tomatoes, halved
10. 1/2 cup chopped parsley

### Preparation

1. Whisk together the first 5 ingredients.
2. Stir to combine items 6 through 10. Add the dressing and mix well. Serve immediately.

# TODAY'S COOKING

## CURRIED EGG SALAD - SERVES 6

### Ingredients

1. 1/4 cup mayonnaise
2. 2 Tbs. thin sliced green onions,
3. 1 Tbs. minced shallots
4. 1-1/2 Tbs. apple cider vinegar
5. 1-1/2 tsp. Dijon mustard
6. 1/2 to 3/4 tsp. curry powder
7. 1/4 tsp. cumin
8. 4 hard-cooked eggs, chopped (see [Today's Cooking\\_Eggs](#), pg. 7)
9. 1 tart apple, such as a Granny Smith, peeled and cubed
10. Salt & pepper to taste

### Preparation

1. Whisk together the first 7 items. Fold in the egg and apple; season and serve in lettuce cups.

## PEAR, PARSNIP & PECAN SALAD - SERVES 8

### Ingredients

1. 1 cup shredded Parmesan cheese
- 
2. 2 cups peeled parsnips, julienned
3. 1 cup D'Anjou pears, cut into 1/2-inch cubes
4. 1/2 cup chopped pecans
5. 1/2 cup frozen peas, thawed
6. 1/2 cup pomegranate seeds
7. 1/2 cup pine nuts
8. 1 tsp. kosher or sea salt
9. 1/2 tsp. pepper
- 
10. 1/3 cup mayonnaise
11. 3 Tbs. water

# TODAY'S COOKING

## Preparations

1. Preheat oven to 400° F (200° C). Drop Parmesan cheese, 2 tablespoonfuls at a time, 1/2 in. apart onto a lightly greased or parchment-lined baking sheet. There should be 8 circles. Bake until cheese is melted and golden brown, 12 to 15 minutes. Cool completely.
2. Combine items 2 through 9 and mix thoroughly. Stir together mayonnaise and water. Add to the salad and toss to coat. Serve topped with Parmesan crisps.

## POTATO SALAD - SERVES 6

### Ingredients

1. 4 medium potatoes (about 1-1/2 lbs.), washed
2. 1 large celery stalk, sliced thin
3. 1/2 cup or more sliced red onion
4. 1/2 cup ea. mayonnaise and sour cream
5. 2 tsp. ea. vinegar and sugar
6. 1 Tbs. dry mustard (optional)
7. Salt & pepper to taste
8. 2 to 3 Tbs. milk
9. 1 medium to large cucumber, peeled, cut in half lengthwise and then sliced 1/4" thick crosswise
10. 1 Tbs. celery seed
11. Paprika

### Preparation

1. Cover the potatoes with water and quickly bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes or until almost tender. Peel if desired and either slice or cube the potatoes.
2. In a small bowl, soak the onion in cold water for about 15 minutes. Dry on paper towels. Add to the celery in a large bowl.
3. Whisk together items 4 through 7; pour into the large bowl and toss. Fold in the potatoes and gently toss. Cover and refrigerate at least 4 hours.
4. Prior to serving, if necessary you might want to use some milk to adjust the consistency. Fold in the cucumbers and celery seed. Dust with the paprika and serve.

# TODAY'S COOKING

## CREAMY POTATO SALAD - SERVES 4 TO 6

### Ingredients

1. 3 medium potatoes (about 1 lb.), quartered and sliced
2. 1/2 cup thinly sliced celery
3. 1/2 cup thinly sliced scallions
4. 2/3 cup mayonnaise
5. 1 tsp. celery seeds
6. 1 Tbs. dry mustard (optional)
7. 2 Tbs. sweet pickle relish
8. 1/2 tsp. salt
9. Pepper to taste
10. 4 hard-cooked eggs, sliced
11. Paprika

### Preparation

1. Cover the potatoes with water and quickly bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes or until almost tender. Peel if desired and either slice or cube the potatoes.
2. Combine items 2 through 9. Gently stir in the potatoes and place in a serving bowl. Top with the egg slices and sprinkle with the paprika.

## GOLDEN EGG & POTATO SALAD - SERVES 4

### Ingredients

1. 1-1/4 lbs. golden potatoes, cut into 3/4" cubes
2. 2 large red bell peppers
3. 1/2 cup or more sliced scallions
4. 1/4 cup chopped parsley
5. 1/4 cup mayonnaise
6. 3 Tbs. Greek yogurt
7. 2 Tbs. chopped fresh dill
8. 2 tsp. Dijon mustard
9. Salt & pepper to taste
10. 4 large hard-cooked eggs (see Today's Cooking Eggs, pg. 7)

# TODAY'S COOKING

## Preparation

1. Preheat the broiler.
2. Cover the potatoes with water and quickly bring to a boil. Reduce heat; cover and simmer 15 to 20 minutes. Drain and cool.
3. Cut peppers in half, removing seeds and stems. Place cut side down on a foil lined baking sheet and broil about 10 minutes, turning twice. Remove from the heat and cover with foil. Let steam 10 minutes. Discard skins and chop the peppers. Place in a large serving bowl and add items 3 through 9, mixing well.
4. Chop the eggs and gently fold into the salad along with the potatoes.

## GRILLED POTATO SALAD - SERVES 6

### Ingredients

1. 2 poblano peppers
2. 1-1/2 lbs. large red potatoes, quartered lengthwise
3. 2 Tbs. olive oil
4. 2 medium ears sweet corn, husks removed
- 
5. 1/2 cup buttermilk
6. 1/2 cup sour cream
7. 1 Tbs. lemon juice
8. 1 jalapeño, seeded & minced
9. 1 Tbs. minced parsley
10. 1-1/2 tsp. garlic salt
11. 1 tsp. ground cumin
12. 1/4 tsp. or more cayenne
13. Lime wedges

### Preparation

1. Place the potatoes in a large saucepan; add water to cover and bring to a boil. Reduce heat and cook, uncovered, 5 minutes. Drain the potatoes and toss with the oil.
2. Grill poblanos, covered, over high heat for 8 to 10 minutes or until the skins are blistered and blackened on all sides. Place the peppers in a bowl, covered and let stand for 20 minutes.

# TODAY'S COOKING

3. Reduce heat to medium and grill the potatoes and corn 12 to 15 minutes until lightly browned. Cool enough to handle.
4. Peel the poblanos; remove stems and seeds. Cut both the poblanos and potatoes into 1/2" pieces and place in a large bowl.
5. In a small bowl, whisk together items 5 through 12 and add to the potato/peppers. Mix well and serve with the lime wedges.

## WARM POTATO SALAD - SERVES 12

### Ingredients

1. 1 lb. small, yellow potatoes, quartered
2. 1 lb. small, red potatoes, quartered
3. 1-1/4 lbs. small, purple potatoes, quartered
- 
4. 1/2 cup chicken stock
5. 1/4 cup dry white wine
- 
6. 2 Tbs. ea. white wine vinegar & lemon juice
7. 1-1/2 tsp. ea. Dijon and stone ground mustard
8. 1/2 tsp. salt
9. 1/4 tsp black pepper
10. 3/8 cup olive oil
- 
11. 3 ribs celery, thinly slice
12. 1 small red bell pepper, chopped
13. 6 scallions, thinly sliced
14. 1/2 lb. bacon, cooked and crumbled
15. 4 Tbs. ea. finely chopped fresh basil, dill and parsley

### Preparation

1. Place the potatoes in a large pot; add water to cover and bring to a boil. Reduce heat and cook, uncovered, 10 to 15 minutes, just barely tender. Drain the potatoes and gently toss with the stock and wine. Set aside.
2. In a small bowl, whisk together items 6 through 9. Slowly whisk in the oil until blended. Add to the potatoes along with items 11 through 15. Gently toss and serve warm.

# TODAY'S COOKING

## SWEET POTATO SALAD - SERVES 12

### Ingredients

1. 3 lbs. sweet potatoes, scrubbed and pricked
- 
2. 3 Tbs. honey
3. 1-1/2 Tbs. red wine vinegar
4. 1-1/2 Tbs. lemon juice
5. 3/4 tsp. salt
6. 1/4 tsp. pepper
7. 9 Tbs. olive oil
- 
8. 1/2 cup minced parsley
9. 6 medium-sized tomatoes, peeled, seeded and diced

### Preparation

1. Preheat the oven @ 400° F (200° C) and bake the potatoes 45 minutes or until tender. Cool and cut into 1/2" cubes.
2. Mix items 2 through 6 and very slowly whisk in the oil. Pour over the potatoes; gently stir in the parsley. Cover and marinate in the refrigerator for up to 8 hours. Bring to room temperature.
3. Gently fold in the tomatoes and serve.

## CREAMY POTATO SALAD - SERVES 10 TO 12

### Ingredients

1. 3-1/2 lbs. red potatoes (about 12 medium), cut into 1-inch cubes
2. 6 bacon strips, chopped
3. 1/4 cup sugar
4. 1 Tbs. flour
5. 1/2 cup water
6. 1 large egg, lightly beaten
- 
7. 3 Tbs. cider vinegar
8. 1 Tbs. minced onion

# TODAY'S COOKING

9. 1 tsp. ea. celery seed & salt
10. 1/2 teaspoon pepper
11. 1 cup heavy whipping cream, whipped
12. 4 large eggs, hard-cooked & chopped (see [Today's Cooking Eggs](#), pg. 7)
13. 2 medium celery ribs, chopped

## Preparation

1. Cover the potatoes with water and quickly bring to a boil. Reduce heat; cover and simmer 10 to 15 minutes or until tender. Drain and cool completely.
2. Cook the bacon over medium heat until crispy. Drain on paper towels and remove all but 1 Tbs. of the drippings. Stir in items 3 & 4 until smooth. Stir in the water and cook over medium-high until bubbly. Remove from the heat and stir a little of the mixture into the beaten egg return all to pan and stirring constantly slowly bring to a boil. Remove from the heat. Pour into a large bowl and let cool completely.. Gently stir into the potatoes items 7 through 10; fold in the cream. Stir in the remaining items; cover and refrigerate until serving.

## POTATO & GREEN BEAN SALAD - SERVES 10

### Ingredients

1. 2 lbs. red potatoes (about 6 medium), cut into 1-inch cubes
2. 1 lb. fresh green beans, trimmed and halved
3. 1 small to medium-sized red onion, halved and sliced thin
4. 1/4 cup chopped, fresh mint
- 
5. 1/2 cup olive or canola oil
6. 1/4 cup white or cider vinegar
7. 2 Tbs. lemon juice
8. 1 tsp. ea. celery seed, optional
9. 1 tsp. salt
10. 1/2 tsp. garlic powder
11. 1/4 tsp. pepper

### Preparation

1. Cover the potatoes with water and quickly bring to a boil. Reduce heat and simmer, uncovered, 10 minutes. Add the green beans and cook another 5 minutes. Drain and transfer to a large bowl and add items 3 & 4.

# TODAY'S COOKING

2. Combine items 5 through 11 and whisk until well blended. Pour over the potato/beans and toss gently. Refrigerate at least 2 hrs. before serving.

## AVOCADO & TOMATO SALAD - SERVES 4

### Ingredients

1. 2 ripe Florida avocados
2. Juice of 2 lemons
- 
3. 1/4 cup olive oil
4. 1/2 tsp. ea. salt & pepper
- 
5. 4 cups cherry tomatoes, halved
6. 1/2 cup thinly sliced red onion
7. 2 green onions, thinly sliced
- 
8. 1 cup chopped pecans or walnuts
9. 4 oz. mixed spring greens (or use baby arugula or spinach)
10. Salt & pepper to taste

### Preparation

1. Dice the avocado flesh into 1/2" pieces and place in a large serving bowl. Add 1/4 cup of the lemon juice and gently toss. In a small bowl, whisk together items 3 & 4 with the remaining lemon juice. Add half of the dressing to the serving bowl and add items 5, 6 & 7 and gently toss again. Add the remaining items; add more dressing if necessary. Serve at room temperature.

## DRESSED TOMATO WEDGES - SERVES 12

### Ingredients

1. 6 medium-sized fresh tomatoes, cut into wedges
2. 2/3 cup vegetable oil
3. 1/4 cup white wine vinegar
4. 1/4 cup ea. chopped fresh parsley & sliced green onions

# TODAY'S COOKING

5. 1 garlic clove, minced
6. 2 Tbs. mayonnaise
7. 1 tsp. ea. dill weed, dried basil & salt
8. 1/4 tsp. ea. pepper & dried oregano

## Preparations

1. Place tomato wedges in a large bowl. Place remaining items in a blender; cover and process until blended. Pour dressing over tomatoes and toss gently. Chill before serving.

## CHERRY TOMATO SALAD - SERVES 6

### Ingredients

1. 1 quart cherry tomatoes, halved
2. 1/4 cup olive oil
3. 3 Tbs. white vinegar
4. 1/2 tsp. ea. salt & sugar
5. 1/4 tsp. black pepper or to taste
6. 1/4 cup minced fresh parsley
7. 1 to 2 tsp. ea. minced fresh basil & oregano

### Preparations

1. Place tomatoes in a shallow bowl. In a small bowl, whisk together items 2 through 5 until blended. Stir in the herbs. Pour over the tomatoes and gently toss to coat. Refrigerate, covered, overnight.

## GERMAN APPLE SALAD - SERVES 6

### Ingredients

1. 6 bacon strips, cut crosswise into 1/2" slices
2. 1/2 cup chopped onion
3. 2 Tbs. AP flour
4. 1 tsp. salt
5. 1/2 tsp. black pepper
6. 1 cup water

# TODAY'S COOKING

7. 1/2 cup cider vinegar
8. 1/4 cup sugar
9. 5-1/2 cups Granny smith apples (about 4 large), cut into 1/2" slices

## Preparations

1. In a large skillet, cook bacon over medium heat until crisp; drain on paper towels. Discard all but 2 Tbs. drippings. Add onion; cook until tender, 2-3 minutes. Stir in flour, salt and pepper. Add water and vinegar; cook and stir until slightly thickened, about 1 minute. Stir in sugar until dissolved.
2. Return bacon to pan; gently add apple slices. Cook, stirring constantly, until apples are wilted and slightly caramelized, 10 to 12 minutes. Remove from heat; serve warm.

## SPINACH SALAD - SERVES 6

### Ingredients

1. 6 cups baby spinach leaves, stems removed
2. 1/2 of a red onion, thinly sliced
3. 1/2 lb. mushrooms, thinly sliced
4. 2 large tomatoes, cut into wedges
5. 1/4 lb. crisply cooked and crumbled bacon
- 
6. 1 Tbs. white wine vinegar
7. 1/2 cup mayonnaise
8. 6 Tbs. buttermilk\*
9. 1 tsp. bacon drippings
10. 1 small garlic clove, minced or pressed
11. 1/4 tsp. each salt & pepper

### Preparation

1. Build the individual salads with items 1 through 5.
2. For the dressing, thoroughly combine items 6 through 11. Refrigerate at least 2 hours and up to 2 days. If you don't have buttermilk, add a drop or two of vinegar to regular milk and let sit 1 hour.

# TODAY'S COOKING

## SPINACH & FETA SALAD - SERVES 4

### Ingredients

1. 1 lb. baby spinach, washed, trimmed and torn into bite size pieces
2. 1 large tomato, cut into wedges
3. 1 large cucumber, peeled, scored and thinly sliced
4. 1 medium-sized red onion, sliced into rings and soaked in ice water for 20 minutes. Dry
5. 1/2 cup crumbled feta cheese
6. 1/2 cup walnuts, coarsely chopped
7. Salt & pepper to taste
8. Dressings

### Preparation

1. Neatly plate the ingredients in the order listed and offer a few dressing choices.

## SPINACH, CARROT & APPLE SALAD - SERVES 4 TO 6

### Ingredients

1. 1 bag (6 oz.) baby spinach
2. 1 medium carrot, peeled and using a peeler, cut into ribbons.
3. 1 apple, peeled, cored and diced (Place in water with lemon to prevent discoloring-drain and dry just before assembling salad)
4. 2 scallions, sliced
- 
5. 2 Tbs. plus 1/2 tsp. vinegar
6. 1/2 small shallot, minced
7. 1 Tbs. minced shallots
8. 1 tsp. mayonnaise
9. 1 tsp. Dijon mustard
10. 1 Tbs. brown sugar
- 
11. 3 Tbs. olive oil
12. 1-1/2 Tbs. sesame oil
13. 1/4 tsp. each salt & pepper

# TODAY'S COOKING

- 
- 14. 4 strips crisp bacon, crumbled
- 15. 3 hard-cooked eggs (see [Today's Cooking\\_Eggs](#), pg. 7), cut into wedges
- 16. Handful of cherry tomatoes

## Preparations

1. Place ingredients 1 through 4 in a large salad bowl.
2. Combine and whisk together ingredients 5 through 10. Slowly add the two oils while whisking vigorously until glossy and slightly thickened. Season with salt & pepper.
3. Add the dressing to the salad and toss. Garnish the salad with the last 3 ingredients and serve.

## COLD PASTA SALAD - SERVES 6 TO 8

### Ingredients

1. 1 lb. pasta, such as bowtie, cooked al dente.
2. 3 Tbs. or more of pesto
3. 1/2 cup thin sliced red onion or radish or both
4. 1-1/2 cups halved cherry tomatoes ( red and yellow)
5. 2 carrots, shredded
6. 4 green onions, thinly sliced
- 
7. 2 Tbs. olive oil
8. 2 Tbs. red wine vinegar
9. 1 tsp. sugar
10. 1/4 cup sour cream
11. 1/4 cup mayonnaise
- 
12. Salt & pepper to taste
13. Grated Parmesan cheese

### Preparation

1. Thin the pesto with a little of the pasta cooking water. Combine items 1 through 6 in a large serving bowl.
2. In a small bowl, whisk together items 7, 8 & 9. Then whisk in items 10 & 11. Add the dressing to the salad and toss well. Chill 2 hours and when ready to serve, season with salt and pepper and sprinkle on the cheese.

# TODAY'S COOKING

## PASTA & EDAMAME SALAD - SERVES 6 TO 8

### Ingredients

1. 1 lb. bowtie pasta
2. Salt
3. 1 cup frozen edamame (out of the pods)
4. 2 carrots, sliced into 1/2-inch chunks
5. 12 oz. of broccoli in bite-size florets
6. 1 cup shredded part-skim mozzarella
7. 1 cup grape tomatoes, halved (preferably yellow and red)
8. 3 Tbs. olive oil
9. 2 Tbs. red wine vinegar
10. 1/3 cup mayonnaise
11. 1 tsp. sugar
12. 1 large clove garlic, minced
13. Freshly ground black pepper
14. 3 green onions, thinly sliced

### Preparations

1. Add the pasta to a large pot of boiling salted water. Set a timer and cook the pasta for 3 minutes less than it says on the back of the box. When the timer goes off, add the edamame and carrots and cook for 2 minutes longer. Next add the broccoli, and continue boiling for 1 more minute. Drain the pasta and veggies in a colander in the sink. Rinse well under cold water to stop the cooking. Make sure to drain off all the liquid. Add the pasta mixture to the large bowl along with the shredded cheese and cherry tomatoes.
2. In a small bowl, whisk together the oil and vinegar. Then whisk in the mayonnaise, sugar, garlic and some salt and pepper. Add the dressing to the salad and toss well. Fold in the green onions. Serve immediately, or cover with plastic wrap and chill for 2 hours before serving.

## GREEK PASTA SALAD - SERVES 6 TO 8

### Ingredients

1. 2 cups spiral pasta
-

# TODAY'S COOKING

2. 3 large tomatoes, seeded and chopped
3. 1 red bell pepper, chopped
4. 1 medium-sized cucumber, peeled, seeded and chopped
5. 1 medium-sized zucchini, chopped
6. 1 small red onion, thinly sliced
7. 3 green onions, thinly sliced
8. 1/4 cup sliced Greek olives, sliced
9. 1 cup crumbled Feta cheese
- 
10. 3 Tbs. olive oil
11. 2 Tbs. lemon juice
12. 2 Tbs. balsamic vinegar
13. 1 tsp. salt
14. 2 garlic cloves, minced
15. Freshly ground black pepper to taste
16. 1 tsp. mayonnaise
17. 1 to 2 Tbs. minced fresh oregano or 1/2 tsp. dried

## Preparations

1. Cook the pasta per package instructions. Drain the pasta and rinse well under cold water to stop the cooking. Make sure to drain off all the liquid. Place the pasta mixture to a large serving bowl. Add items 2 through 9.
2. In a small bowl, whisk together items 10 through 15. Whisk in the mayonnaise and then stir in the oregano. Add the dressing to the salad and toss well. Serve immediately, or cover with plastic wrap and chill before serving.

## MARY-ETTA'S KIDNEY BEAN SALAD - SERVES 12 OR MORE

### Ingredients

1. 5 cups kidney beans
2. 12 hard-cooked eggs, chopped (see [Today's Cooking\\_Eggs](#), pg. 7)
3. 2 cups chopped celery
4. 4 Tbs. each minced onion & chives
5. 24 small chopped sweet/sour pickles
6. 3 tsp. salt
-

# TODAY'S COOKING

7. 1 cup mayonnaise
8. 1 cup ketchup

## Preparations

1. Place beans in a colander and rinse with hot water.
2. Combine ingredients 1 through 6 in a large salad bowl; cover and chill.
3. Just prior to serving combine the mayonnaise and ketchup and add to the beans.

## BROWN RICE SALAD - SERVES 8

### Ingredients

1. 1 cup brown rice cooked as per package directions
2. 1 pkg. (10 oz.) frozen corn kernels, cooked al dente and chilled
3. 1 pkg. (10 oz.) frozen baby peas, cooked al dente and chilled
- 
4. 1/4 cup ea. olive oil & red wine vinegar
5. 1 tsp. salt
6. 2 tsp. chopped fresh dill
7. 3/4 tsp. sugar
- 
8. Mixed salad greens
9. Garnishes: tomato wedges, sliced radishes, white asparagus spears, hard cooked eggs

### Preparations

1. Combine items 4 through 7 and toss with items 1, 2 & 3. Refrigerate at least 1 hour.
2. To serve, spoon the mixture onto salad greens and add the garnishes.

## THREE BEAN SALAD - SERVES 8

### Ingredients

1. 1 can (15 oz.) kidney beans, rinsed and drained
2. 1 can (15 oz.) wax beans or black beans, rinsed and drained

# TODAY'S COOKING

3. 1 can (15 oz.) green beans or lima beans, rinsed and drained
4. 1/2 cup chopped celery
5. 1/2 cup chopped bell pepper, any color
6. 1/2 cup chopped red onion
- 
7. 1/4 cup vinegar
8. 2 Tbs. olive oil
9. 2 Tbs. sugar
10. 1/2 tsp. ea. dry mustard and celery seeds
11. 1 garlic clove, minced or pressed
12. Salt & pepper to taste

## Preparations

1. Place items 1 through 6 in a large bowl.
2. Combine and shake together items 7 through 11. Pour onto the salad and gently mix. Cover and refrigerate 4 or more hours.

## BLACK BEAN AND COUSCOUS SALAD - SERVES 8

### Ingredients

1. 1 cup uncooked couscous
2. 1 1/4 cups chicken broth
3. 3 Tbs. extra virgin olive oil
4. 2 Tbs. fresh lime juice
5. 1 teaspoon red wine vinegar
6. 1/2 teaspoon ground cumin
7. 8 green onions, chopped
8. 1 red bell pepper, seeded and chopped
9. 1/4 cup chopped fresh cilantro
10. 1 cup frozen corn kernels, thawed
11. 2 cans (15 oz. ea.) black beans, drained
12. Salt and pepper to taste

### Preparation

1. Bring chicken broth to a boil in a 2 quart or larger sauce pan and stir in the couscous. Cover the pot and remove from heat. Let stand for 5 minutes.

# TODAY'S COOKING

2. In a large bowl, whisk together the olive oil, lime juice, vinegar and cumin. Add green onions, red pepper, cilantro, corn and beans and toss to coat.
3. Fluff the couscous well, breaking up any chunks. Add to the bowl with the vegetables and mix well. Season with salt and pepper to taste and serve at once or refrigerate until ready to serve.

## BLACK-EYED PEA & CORN SALAD - SERVES 6

### Ingredients

1. 1 can (15 oz.) black-eyed peas, rinsed and drained (or 2 cups dry black-eyed peas, cooked)
2. 1 cup fresh corn kernels or 1 cup frozen kernels, thawed
3. 2 large tomatoes, seeded and chopped
4. 1/2 cup finely chopped bell pepper of various colors
5. 2 scallions, finely sliced
6. 1/4 tsp. hot sauce
- 
7. 1/3 cup olive oil
8. 2 Tbs. ea. lemon juice and white vinegar
9. 1 Tbs. Dijon
10. 1 tsp. dried basil
- 
11. Salt & pepper to taste

### Preparations

1. In a large serving bowl, combine items 1 through 6
2. Whisk together items 7 through 10 and pour over the salad. Toss gently; cover and refrigerate at least 2 hours. Serve on a bed of greens.

## ZUCCHINI SALAD - SERVES 4

### Ingredients

1. 1/4 cup mayonnaise
2. 1/2 (1 oz.) package Ranch-style dressing mix
3. 3 cups shredded zucchini

# TODAY'S COOKING

4. 1 cup shredded cucumber
5. 1/2 green bell pepper, coarsely shredded

## Preparation

1. Stir mayonnaise and Ranch dressing mix together in a large bowl. Stir in the zucchini, cucumber, and bell pepper. Serve immediately.

## MARINATED VEGETABLE SALAD - SERVES 4 TO 6

### Ingredients

1. 3/4 cup white vinegar
2. 1/2 cup olive oil
3. 1/4 cup minced parsley
4. 3-1/2 Tbs. sugar
5. 2 Tbs. finely chopped dill, or 2 tsp. dried
6. 1/2 tsp. salt
7. 1/4 tsp. pepper
- 
8. 1 cup ea. small broccoli and cauliflower florets
9. 1 large carrot cut into 1-1/2" x 1/2" sticks
10. 1 cup cherry tomatoes, halved
11. 1 ea. small yellow squash and zucchini, sliced 1/2" thick
12. 1/2 green bell pepper, sliced
13. 1 small cucumber, peeled and sliced 1/2" thick

### Preparation

1. Whisk together items 1 through 7.
2. Place items 8 through 13 into a resealable plastic bag and add the marinade. Reseal the bag and refrigerate at least 8 hours, turning the bag occasionally.

# TODAY'S COOKING

## APPLE & FENNEL SALAD - SERVES 4

### Ingredients

1. 1 sweet potato (about 6 oz.), halved lengthwise and thinly sliced
2. 1 Tbs. olive oil
- 
3. 2 cups thinly sliced apple, such as Granny Smith
4. 1 cup thinly sliced fennel bulb
5. 2 Tbs. sliced shallot
6. 2 Tbs. minced parsley
7. 1/4 tsp. salt
8. Chopped fennel fronds for garnish

### Preparation

1. Preheat oven @ 450° F (230° C).
2. Combine the first 2 items and place on a rimmed baking sheet lined with parchment paper. Bake 10 minutes and let cool.
3. Combine the potatoes with all the other items. Dress with your favorite vinaigrette.

## APPLE & POMEGRANATE SALAD - SERVES 4

### Ingredients

1. 4 cups torn romaine lettuce
2. 1/4 cup pomegranate seeds
3. 1/4 cup toasted chopped pecans or walnuts or a combination
4. 1/4 cup shaved Parmesan
- 
5. 1 medium-sized Granny Smith apple, coarsely chopped
6. 1/2 to 1 Tbs. lemon juice
- 
7. 2 Tbs. olive oil
8. 2 Tbs. white wine vinegar
9. 1 Tbs. sugar
10. 1/8 tsp. salt

# TODAY'S COOKING

## Preparation

1. In a serving bowl, combine items 1 through 4. Toss the apple with the lemon juice and add to the bowl.
2. Whisk together items 7 through 10; drizzle over the salad; toss and serve.

## CORN & GREEN BEAN SALAD - SERVES 4

### Ingredients

1. 1/4 cup mayonnaise
2. 1/4 cup buttermilk\*
3. 1/4 cup shredded Parmesan cheese, plus more for topping
4. 1/2 Tbs. lemon juice
5. 1/2 tsp. Worcestershire sauce
6. 1/4 tsp. ea. garlic powder, salt & pepper
- 
7. 1/2 Tbs. olive oil
8. 1/3 to 1/2 lbs. fresh green beans, trimmed and cut into 1-inch pieces
9. 2 medium ears sweet corn

### Preparation

1. In a small bowl, whisk together items 1 through 6. Cover and refrigerate until ready to serve.
2. Bring 3 cups of water to a boil. Add the beans and cook, uncovered, until crisp-tender, 2 to 3 minutes. Drain and plunge into ice water. When cold, drain; pat dry and place into a serving bowl.
3. Cut corn from cobs. In a microwave safe container. Add the corn and cook, stirring half way through, about 3 to 4 minutes. Cool and add to the beans; refrigerate, covered, until well chilled.
4. Stir half of the dressing into vegetables; toss to coat; sprinkle with additional Parmesan and serve with the remaining dressing on the side.

\*If you don't have buttermilk, add a little white vinegar to milk and let sit 15 minutes.

**Variations:** Add sliced red onion/cherry tomatoes/chopped parsley

# TODAY'S COOKING

## EASY BEAN SALAD - SERVES 6

### Ingredients

1. 1/2 cup olive oil
2. 1 medium onion, chopped
3. 1/4 cup red wine vinegar
4. 1 Tbs. sugar
5. 1 garlic clove, minced
6. 1 tsp. salt
7. 1 tsp. ground cumin
8. 1 tsp. chili powder
- 
9. 1/4 tsp. pepper
10. 3 cups cooked basmati rice
11. 1 can (16 oz.) kidney beans, rinsed and drained
12. 1 can (15 oz.) black beans, rinsed and drained
13. 1-1/2 cups frozen corn, thawed
14. 4 green onions, sliced
15. 1 small sweet red pepper, chopped
16. 1/4 cup minced fresh cilantro

### Preparations

1. In a large bowl, whisk the first eight ingredients. Add the remaining ingredients; toss to coat. Cover and chill until serving.

## SUMMER SQUASH SALAD - SERVES 8

### Ingredients

1. 4 cups ea. julienned zucchini & yellow squash
2. 2 cups sliced radishes
- 
3. 1 cup olive oil
4. 1/3 cup cider vinegar
5. 2 Tbs. Dijon mustard

# TODAY'S COOKING

6. 2 Tbs. chopped fresh parsley
7. 1-1/2 tsp. salt
8. 1 tsp. dill weed
9. 1/2 tsp. pepper or to taste

## Preparations

1. In a large bowl, toss the zucchini, squash and radishes. In a small bowl, whisk the remaining items. Pour over vegetables. Cover and refrigerate for at least 2 hours.

# TODAY'S COOKING

## Seafood Salads

### CALAMARI SALAD - SERVES 6

#### Ingredients

1. 2-1/2 lbs. cleaned fresh squid (calamari) or frozen, thawed
2. 1/2 cup olive oil
3. 3 anchovy fillets, minced, optional
4. 2 tsp. minced fresh Italian parsley
5. 1 garlic clove, minced or pressed
- 
6. 1/2 cup dry white wine or dry vermouth
7. 16 fresh mushroom caps, sliced, optional
8. 1/4 tsp. ea. salt & black pepper
- 
9. 1/2 cup chopped celery
10. 1/2 cup green, ripe, pitted olives, sliced
11. 3 Tbs. lemon juice

#### Preparation

1. Chop calamari tentacles; cut body into 1/2-in. rings.
2. In a large saucepan, heat oil over medium and add the anchovies; stir in items 3 & 4 and cook 1 minute.
3. Add items 6, 7, 8 and the calamari. Bring to a boil; reduce heat and simmer, covered, until calamari is tender, 2 to 3 minutes. Remove from the heat and cool slightly.  
In a serving bowl, toss the last 3 items and calamari mix. May be served warm or cold.

### SALMON SALAD - SERVES 6

#### Ingredients

1. 2 lbs. salmon filets
2. Dry white wine

# TODAY'S COOKING

3. Vegetable stock
4. 4 medium cucumbers, peeled, seeded & diced
5. 4 Tbs. lemon juice
6. 1 pint plain yogurt
7. shredded red cabbage
8. grated carrot
9. ripe tomatoes, sliced
10. green pepper, chopped
11. Vinaigrette

## Preparation

1. Bring an equal amount of wine and vegetable stock to a boil. Reduce heat and poach the salmon 6 to 10 minutes. Remove salmon and chill.
2. Sprinkle the cucumbers with the lemon juice and let stand 15 minutes. Drain and mix with the yogurt.
3. Combine the vegetables with the vinaigrette and let stand 15 minutes.
4. To serve, cut the salmon into equal portions and place on a bed of the vegetables. Top the salmon with the cucumber/yogurt mixture. Dust with paprika and black pepper.

## SALMON NIÇOISE SALAD - SERVES 4 MAIN COURSE

## Ingredients

1. 1 lb. salmon filet 1" thick
2. 3 Tbs. olive oil, divided
3. 1/2 tsp. kosher salt, divided
4. 1/4 tsp. black pepper, divided
5. 8 oz. French green beans (haricot verts)
6. 2 Tbs. white wine vinegar
7. 1 Tbs. chopped parsley
8. 3/4 tsp. Dijon mustard
9. 1 head butter or Boston lettuce
10. 1 cup English cucumbers, peeled & diced
11. 3/4 cup fresh corn kernels
12. 1/4 cup pitted kalamata olives, halved
13. Red radishes, sliced
14. 2 hard-cooked eggs, quartered (see [Today's Cooking\\_Eggs, pg. 7](#))

# TODAY'S COOKING

15. ripe cherry tomatoes
16. Vinaigrette

## Preparation

1. Season the fish with half of the salt and pepper. Heat half of the oil in a non-stick skillet over medium-high; add the fish skin side down and cook 7 minutes. Turn over and cook another 3 minutes. Remove from the heat and flake the fish.
2. In a saucepan, bring an inch of water to a boil. Add the green beans and cook 3 minutes. Drop into ice water and let stand a few minutes; drain and dry.
3. Make a vinaigrette by combining the remaining oil, salt & pepper and items 6, 7 & 8. Equally divide the food between the 4 plates and drizzle with the vinaigrette.

## SEAFOOD RICE SALAD - SERVES 6 TO 8

### Ingredients

1. 6 cups cold, cooked rice
2. 1 cup tarragon vinegar
3. 1 can (14-3/4 oz.) salmon
4. 1 can (3-3/4 oz.) sardines
5. 1 can (2 oz.) anchovies
6. 1 can (6-1/2 oz.) whole or minced clams
7. 1 can (6oz.) oil-cured black olives
8. 1/2 cup chopped scallions

### Preparations

1. Mix the first 2 items.
2. Drain the cans of fish. Those in oil, add the oil to the rice, those in water or broth, reserve the liquid.
3. Remove skin and bones from the fish and break into pieces. Chop the anchovies. Add all to the rice and mix well. If needed, add some of the fish water/broth. Chill for 1 hour at minimum.

# TODAY'S COOKING

## ITALIAN TUNA SALAD - SERVES 4 AS A MAIN DISH

### Ingredients

1. 1-1/2 cups water
2. 1/2 cup uncooked rice (preferably Arborio rice, but can use basmati or long-grain)
- 
3. 1 jar (7 oz.) marinated artichoke hearts, drained and quartered
4. 1 large tomato, seeded and chopped
5. 1/4 cup ea. green, red and yellow bell peppers, chopped
6. 1/2 cup thinly sliced red onion
7. 1/4 cup sliced scallions
8. 1 Tbs. capers, rinsed and drained
9. 1/2 cup pitted and sliced black olives
- 
10. 1/3 cup fresh lemon juice
11. 1/4 cup water
12. 3 Tbs. olive oil
- 
13. 3 anchovy filets, rinsed, drained and chopped (optional)
14. 1 can (6 oz.) tuna packed in water, drained and flaked

### Preparations

1. Bring the water to a boil over high heat; stir in the rice. Reduce heat to low; cover and simmer 20 minutes. Drain and set aside.
2. Combine items 3 through 9 in a large bowl. Whisk together items 10, 11 & 12 and pour onto the rice mix. Toss to coat.
3. Gently fold in the last 2 items and toss to coat. Serve on a bed of arugula, or curly endive.

## TUNA SALAD - SERVES 6 TO 8

### Ingredients

1. 1 can (7 oz.) tuna in water, drained
2. 1-1/2 cups diced celery
3. 3 hard-cooked eggs, diced (see [Today's Cooking\\_Eggs](#), pg. 7)

# TODAY'S COOKING

4. 2 Tbs. minced onion
5. 1/4 tsp. ea. salt & pepper
6. 1/2 cup mayonnaise

## Preparations

1. Combine all the items thoroughly.
2. Serve on lettuce as a salad or use as a sandwich filling.

# TODAY'S COOKING

## Meat Salads

### VEGGIE STEAK SALAD - SERVES 4 TO 6

#### Ingredients

1. 2 medium ears sweet corn, husked
2. 1 lb. beef flank steak
3. 1/4 tsp. ea. salt & pepper
4. 2 Tbs. olive oil

#### Dressing

1. 2 Tbs. olive oil
2. 2 Tbs. balsamic vinegar
3. 1 tsp. garlic powder
4. 1 tsp. capers, drained
5. 1 tsp. Dijon mustard

#### Salad

1. 5 oz. spring mix salad greens
2. 1 large tomato, chopped
3. 4 slices red onion, separated into rings
4. 1/4 cup chopped parsley
5. 1/4 cup shredded Parmesan cheese

#### Preparations

1. In a pot of boiling water, cook corn, uncovered, until tender, 3-5 minutes. Remove; cool slightly.
2. Cut corn from cobs.
3. Sprinkle steak with salt and pepper. In a large skillet, heat 2 tablespoons oil over medium heat.
4. Add steak; cook until a thermometer reads 135° for medium-rare, 6- 8 minutes per side. Remove from heat; let stand 5 minutes.

# TODAY'S COOKING

5. In a small bowl, whisk together dressing ingredients. Thinly slice steak across the grain. Place greens, tomato, onion, parsley, corn and steak in a large bowl; toss with dressing. Sprinkle with cheese.

## COLD CHICKEN SALAD - SERVES 4

### Ingredients

1. 1 cup mayonnaise
2. 1 tsp. paprika
3. 1 tsp. seasoned salt
- 
4. 1-1/2 cups dried cranberries
5. 1 cup sliced celery
6. 2 green onions, sliced
7. 1/4 cup each minced green bell pepper and red bell pepper
8. 1 cup chopped pecans or walnuts
9. Black pepper to taste
10. 4 cups cooked chicken meat, cubed

### Preparation

1. Combine the first 3 ingredients and then fold in items 4 through 9. Add the chicken and mix well. Refrigerate at least 1 hour.

## CHICKEN VEGGIE SALAD W/ FRUIT & NUTS - SERVES 4 TO 6

### Ingredients

1. Poppy seed dressing - (see [Dressings\\_Sauces\\_Seasonings](#) pg. 149)
2. 1 tsp. orange zest
3. 1 Tbs. orange juice
- 
4. 1 lb. asparagus, trimmed
5. 8 cups baby spinach or spring mix
6. 1 cup ea. blue berries & sliced strawberries

# TODAY'S COOKING

7. 1 lb. cooked chicken cut into 1/2" pieces
8. 1/4 cup pecan or walnut halves, toasted
9. Salt & pepper to taste

## Preparation

1. Make the poppy seed dressing and stir in items 2 & 3. Pour into a cruet and place on the dining table.
2. Cut the asparagus into 1" pieces and cook, covered, in a little salted water until crisp tender, about 4 minutes. Drain and rinse in cold water. Let set in a bowl of cold water until cold. Drain and dry.
3. Evenly distribute the asparagus and remaining items among the plates and serve.

## SPICY CHICKEN & PASTA SALAD - SERVES 8

### Ingredients

1. 16 oz. Rotelle pasta
- 
2. 1 cup mayonnaise\*
3. 1 Tbs. Dijon mustard
4. 1 Tbs. white vinegar
5. 1/4 tsp. black pepper
- 
6. 3 cups cooked chicken, chopped
7. 1 cup thinly sliced celery
8. 1/2 cup thinly sliced red onion
- 
9. 1/2 cups mayonnaise\*

### Preparation

1. Cook the pasta as directed on the package. Drain and rinse in cold water. Drain and set aside.
2. Combine the next 4 items and set aside. In a large bowl, combine items 6 through 8 and the pasta. Stir in the mayo mixture; cover and refrigerate. To serve, mix in the remaining mayonnaise.

# TODAY'S COOKING

## CHICKEN, GINGER & CASHEW SALAD - SERVES 8

### Ingredients

1. 1/8 tsp. cayenne
2. 1/2 tsp. salt
3. 1/4 tsp. black pepper
4. 2 tsp. soy sauce
5. 2 Tbs. minced fresh ginger or 1/2 to 1 tsp. ground
6. 1/3 cup canola oil
7. 1/2 cup ea. molasses and cider vinegar
- 
8. 4 boneless, skinless thighs or chicken breast halves
- 
9. 1 pkg. (8 oz.) baby spinach
10. 1 can (11 oz.) mandarin oranges, drained
11. 2 medium-sized carrots, shredded
12. 1 cup shredded red cabbage
13. 3 scallions, thinly sliced
- 
14. 2 cups chow mein noodles
15. 3/4 cup salted cashews, toasted
16. 2 tsp. sesame seeds, toasted

### Preparation

1. In as small bowl, whisk together items 1 through 7. Pour 3/4 cup into a resealable plastic bag and add the chicken. Refrigerate 3 or more hours, turning occasionally. Refrigerate the remaining marinade.
2. Preheat the boiler. Drain the chicken (discard marinade) and broil 4 to 6 minutes per side. Cut the meat into strips. Combine items 9 through 13; add the chicken and items 14, 15 & 16. Shake the reserved marinade; drizzle onto the salad; toss and server.

# TODAY'S COOKING

## Croutons

### FRENCH BREAD CROUTONS

#### Ingredients

1. Day old French bread
2. Olive oil
3. Salt & black pepper
4. 1/4 tsp. cayenne
5. Minced fresh herbs or 1 tsp. dried herbs of your choice

#### Preparation

1. Preheat oven @ 400°F (200°C).
2. Cut the bread to the desired size of cubes and place in a bowl. Drizzles with the oil and add the salt and peppers to taste, mixing well. Stir in the herbs. Spread on a cookie sheet and bake 12 to 15 minutes.

### FRIED FRENCH BREAD CROUTONS

#### Ingredients

1. 1 loaf French bread, cubed
2. High temperature oil for frying (preferably a garlic oil)
3. Salt & black pepper
4. 1/4 tsp. cayenne
5. Minced fresh herbs or 1 tsp. dried herbs of your choice

#### Preparation

1. Leave the bread cubes out on the counter overnight. Heat about 1 to 1-1/2" of oil to 350°F (180°C) in a large skillet. Add the bread and fry, stirring constantly until browned. Drain on paper towels and season with salt, pepper and your favorite herbs. Store in an air tight container

# TODAY'S COOKING

## ITALIAN BREAD CROUTONS

### Ingredients

1. 2 cups of Italian bread cut into 1/2" cubes
2. 2 Tbs. olive oil
3. 2 Tbs. unsalted butter, melted
4. 1/2 tsp. garlic salt & black pepper
5. 1/2 tsp. dried oregano

### Preparation

1. Preheat oven @ 350°F (180°C).
2. Whisk items 2 through 5 together and toss with the bread cubes. Spread on a cookie sheet and bake until brown, about 15 to 20 minutes.

## ITALIAN CROUTONS MAKES 3 QT.

### Ingredients

1. 1 large loaf of Italian bread cut into 1/2" cubes
2. 3 sticks unsalted butter, melted
3. 2 tsp. salt & black pepper
4. 1-1/2 tsp. ea. dried oregano & thyme
5. 2 garlic cloves, minced or pressed
6. 1 tsp. paprika
7. 1/2 tsp. cayenne
8. 2 Tbs. minced, fresh parsley

### Preparation

1. Preheat oven @ 325°F (170°C).
2. Melt the butter and add items 3 through 8 together and toss with the bread cubes. Spread on a cookie sheet and bake until brown and crisp, about 15 to 20 minutes. Freezes well.

# TODAY'S COOKING

## CAESAR SALAD CROUTONS

### Ingredients

1. Half a loaf of Italian bread cut into 1/2" cubes
2. 1/4 cup olive oil
3. 1/4 cup grated Parmesan
4. 2 Tbs. fresh thyme or 1 tsp. or more of dried
5. 1/2 tsp. garlic salt & black pepper

### Preparation

1. Preheat oven @ 350°F (180°C).
2. Whisk items 2 through 5 together and toss with the bread cubes. Spread on a cookie sheet and bake until brown, about 15 minutes.

## CHEESE CROUTONS

### Ingredients

1. Unsalted butter
2. Hearty day old bread
3. Favorite cheese

### Preparations

1. Butter one side of two slices of bread. Place one slice butter side down in a skillet over medium-low heat and top with your favorite cheese. Top with the second slice of bread, butter side up, and cook until dark golden brown, 4 to 5 minutes. Turn and cook another 4 to 5 minutes. Remove and cut into cubes. Repeat as many more times as needed.

# TODAY'S COOKING

## CROUTON FRIES - SERVES 6

### Ingredients

1. 4 Tbs. unsalted butter
2. 1 cup olive oil
3. 1 Italian baguette, cut into 3"x 3/4" fries
- 
4. 1/2 tsp. granulated garlic
5. 1/2 tsp. pepper
6. 1 tsp. kosher salt

### Preparations

1. Preheat the oven to 200° F (93° C).
2. Combine items 4, 5 & 6.
3. In a large cast-iron skillet over medium-high heat, pour 1/4 cup of the oil and add 1 Tbs. butter. Add 1/4 of the bread sticks and fry, turning frequently, until nicely toasted. Remove to a baking sheet lined with paper towels. Season with 1/2 tsp. of the salt mix and keep warm in the oven. Repeat 3 more times.

## HOMEMADE BREAD CRUMBS

### Ingredients

1. Bread: use French baguette, ciabatta or sourdough

### Preparations

1. Preheat the oven @ 350° F (180° C).
2. Place some bread in a food processor and pulse to coarse crumbs.
3. Place the crumbs on an ungreased baking sheet and bake 5 minutes; stir and bake another 3 to 5 minutes or until dried and starting to brown.

# TODAY'S COOKING

## SOFT BREAD CRUMBS - MAKES 1/2 TO 3/4 CUP

### Ingredients

1. 1 slice of your favorite bread, torn into pieces.

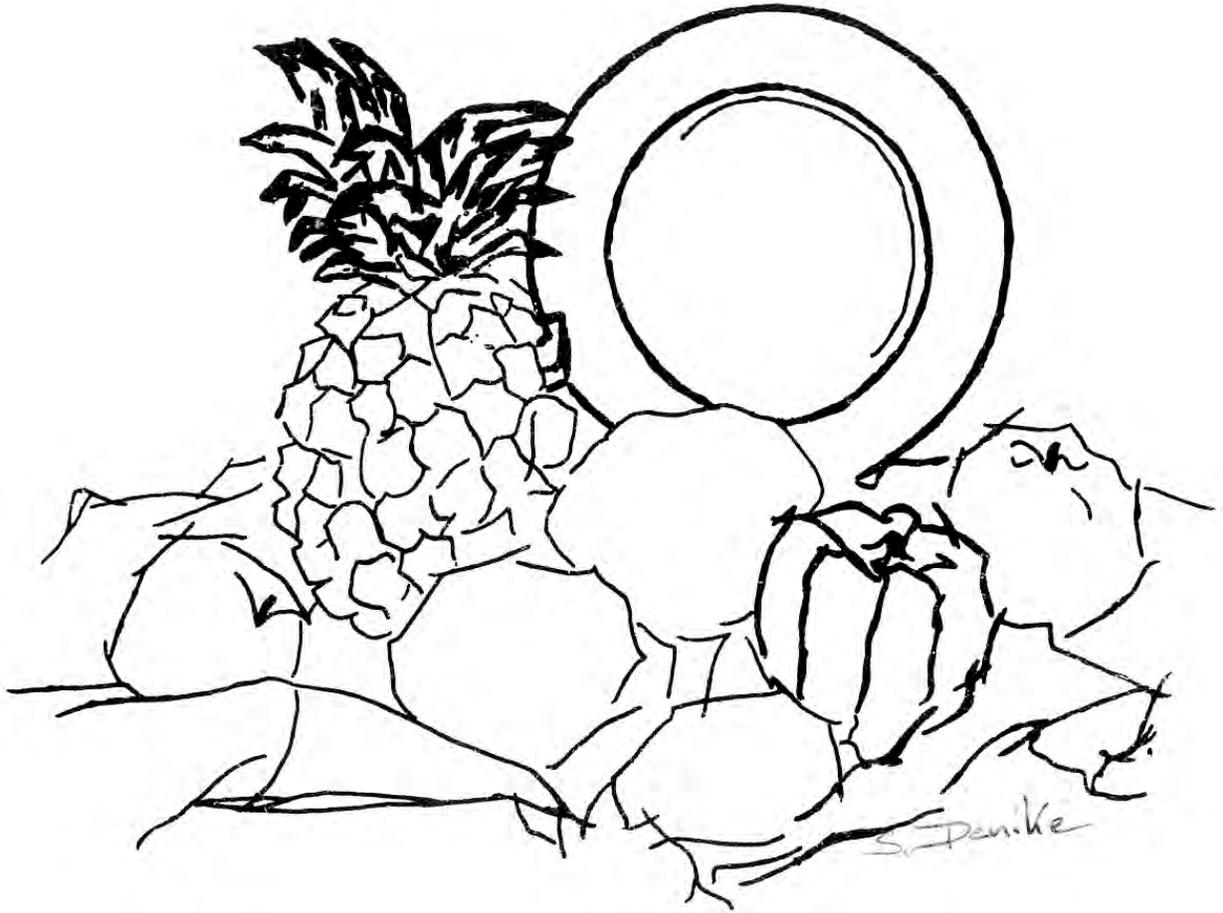
### Preparations

1. Place the bread into a food processor or blender. Cover and pulse until crumbs form.

# TODAY'S COOKING



# TODAY'S COOKING



BUON APPETITO!  
ITALIAN

EET SMAKELJK  
DUTCH

¡BUEN APETITO!  
SPANISH

BOM APETITE!  
PORTUGUESE

BON APPÉTIT !  
FRENCH

GUTEN APPETIT!  
GERMAN

ITADAKIMASU  
JANANESE

SMAKLIG MÁLTID!  
SWEDISH

CHIÁH HOK  
TAIWANESE

DA KANA!  
FIJIAN

VÆR SÅ GOD!  
DANISH

KALÍ ÓREKSI!  
GREEK

E 'AI KĀUA  
HAWAIIAN

KRIPYĀ BHOJAN KĀ ĀNNAṄD LJĪYAI  
HINDI

NIZHÓNÍGO ADÍYÍÍŁ  
NAVAJO

GIN HĀI A-RÒI  
THAI

JAL MEOKKESSEUMNIDA  
KOREAN

ES GEZUNTERHEYT!  
YIDDISH

SMAKLIG MÁLTID!  
SWEDISH

POFTĂ BUNĂ!  
ROMANIAN

MWYNHEWCH EICH BWYD!  
WELSH

THOKOLEZA UKUDLA!  
ZULU

SMACZNEGO!  
POLISH

TAMA'A  
TAHITIAN

VÆR SÅ GOD!  
NORWEGIAN

ĂN NGON NHÉ  
VIETNAMESE

BIL-HANĀ' WA ASH-SHIFĀ'  
ARABIC