

SALAD DRESSINGS

BY BILL NOLAN

GREEK YOGURT SALAD DRESSING

Ingredients

1 cup plain full fat Greek yogurt
2 Tbsp. red wine vinegar
3 Tbsp. olive oil
½ Tbsp. Dijon mustard
1 clove garlic, grated or minced
2 Tbsp. fresh dill, finely chopped
½ tsp. Kosher salt
Pinch of freshly cracked pepper
¼ cup cold water

Directions

1. Combine all ingredients except cold water and mix well.
2. Slowly add just enough cold water to get the dressing to the consistency you want.

LEMON VINAIGRETTE

Ingredients

1/4 cup freshly squeezed lemon juice
1/2 cup olive oil
Kosher salt
Freshly ground black pepper

Directions

Place all ingredients in a medium bowl and whisk together.

Source: Ina Garten

SHERRY VINEGAR BASED VINAIGRETTE

Ingredients

2 Tbsp. sherry vinegar
1 Tbsp. minced shallot
Salt and pepper to taste
6 Tbsp. olive oil

Directions

1. Combine the vinegar, shallot, salt, and pepper.
2. Whisk together and then drizzle in the olive oil.
3. Serve.

Source: Michael Ruhlman

BASIC VINAIGRETTE

Ingredients

½ cup extra-virgin olive oil
3 tablespoons vinegar of choice (balsamic vinegar, red wine vinegar, white wine vinegar)
1 tablespoon Dijon mustard
1 tablespoon maple syrup or honey
2 medium cloves garlic, pressed or minced
¼ teaspoon fine sea salt, to taste
Freshly ground black pepper, to taste

Directions

Combine all ingredients and mix well.

Source: <https://cookieandkate.com/>

ATK
AUTHENTIC
TEACHING KITCHEN





MIX & MATCH

USE DIFFERENT VINEGARS

Red wine
White wine
Champagne
Balsamic

USE NEW OR DIFFERENT INGREDIENTS IN YOUR SALAD



Nuts
Dried fruit
Seeds
Avocado
Paprika
Chili flakes
Parmesan
Harissa
Grated ginger
Citrus zest
Fresh herbs
Minced anchovies

MASSAGE YOUR GREENS

HEAT YOUR DRESSING

ADD A SUNNY SIDE UP EGG

USE A MIX OF DIFFERENT GREENS



Beet Salad

WITH GOAT CHEESE

Ingredients

4-5 beets (made or packaged)
Arugula or Spring mix greens
½ shallot thinly sliced
¼ cup toasted walnuts or nuts of your choice
Creamy goat cheese torn (blue cheese also works well)
Microgreens (optional)
Salt and pepper to taste
Balsamic Vinaigrette:
¼ cup balsamic vinegar
1-2 tablespoons of honey
1 tablespoon Dijon mustard
1 large clove of garlic grated or minced
½ tsp of sea salt and pepper or to taste
¾ cup of EVOO

Directions

1. When making beets, preheat oven to 400 degrees. Wrap each beet in aluminum foil and drizzle with olive oil and a pinch of salt and pepper.
2. Place on baking sheet and roast for 40-75 minutes depending on size. Should be soft and able to pierce easily with a fork.
3. Allow to cool slightly and then peel. Chill in Fridge. Slice beets into rounds. There are beets that are precooked, and vacuum sealed in the refrigerator section of grocery store for convenience. They taste the same but cost more.
4. Assemble salad on large serving dish.
5. Prepare dressing by mixing all ingredients except olive oil in a small bowl. Add oil and whisk thoroughly to emulsify. Alternatively, mix all ingredients in mason jar with lid and add the olive oil last.
6. Shake well. Drizzle over salad and enjoy!

PROTEIN POWER RAINBOW QUINOA SALAD

SOURCE: ANGELA LIDDON

Ingredients

1 cup uncooked rainbow quinoa or regular quinoa, or 3 cups cooked quinoa
1 1/2 cups water
1 (14 ounce/398 mL) can chickpeas, drained and rinsed, or 1 1/2 cups cooked chickpeas
3 cups packed stemmed lacinato kale, finely chopped
3 medium carrots, julienned and chopped into bit-size pieces
1/2 cup chopped green onion
1/2 cup fresh parsley leaves, finely chopped
1/4 cup oil-packed sun dried tomatoes, drained and finely chopped (optional, but recommended)

For the red wine vinaigrette:

1/4 cup red wine vinegar
2 tsp Dijon mustard
1 large clove garlic, minced
1/4 cup extra-virgin olive oil
1/4 tsp sea salt
Freshly ground black pepper
1 tsp pure maple syrup
Zest of 1 medium lemon (about 1 tbsp.)

For the garnish:

Fine sea salt and freshly ground black pepper
1/4 cup plus 2 tbsp. toasted pumpkin seeds (I used almonds)
1 tbsp. hemp hearts (These would provide a nice crunch, but I didn't use these)

Directions

1. Make the salad: Rinse the quinoa in a fine-mesh sieve. Combine quinoa, water and a pinch of salt in a medium pot and stir. Bring to a boil over medium to high heat, then reduce the heat to low, cover, and simmer for 13 to 16 minutes, until the water has absorbed and the quinoa is fluffy. Remove from the heat, uncover, fluff with fork, and let cool slightly.
2. Meanwhile, place the chickpeas in an extra-large bowl. Add the kale, carrot, green onion, parsley and tomatoes (if using) to the serving bowl along with the chickpeas.
3. Make the red wine vinaigrette: In a small bowl, whisk together the vinegar, Dijon mustard and garlic. While whisking, slowly stream in the oil. Whisk in the salt, pepper, maple syrup, and lemon zest, adjusting to taste if desired.
4. Add the cooked quinoa to the bowl along with the veggies. Pour on all the dressing and toss well to combine. Season generously with salt and pepper. Sprinkle with the seeds and serve. Store any leftovers in an airtight container in the fridge for 3 to 5 days.

*Note: the quinoa can also be cooked in a rice cooker using the same measurements above.

