

# Quinoa Salad with Summer Vegetables

Makes 4-6 servings

## **Ingredients**

2 cups cooked white quinoa (from 3/4 cup dry)  
2 Persian cucumbers, diced  
1/2 orange bell pepper, diced  
12-14 cherry tomatoes, quartered  
1/2 cup cooked and chilled corn or corn removed from  
1 cob 1 avocado, diced

## **Dressing**

1 Tbsp extra virgin olive oil  
1 tsp lemon zest  
2 Tbsp fresh lemon juice  
2 Tbsp fresh parsley, finely chopped

## **Directions**

Rinse quinoa well in water. Combine 1 cup dry quinoa with 2 cups water. Bring to a boil, then reduce heat to low, cover and cook for 12-15 minutes. Set aside to cool.

To cold quinoa add the chopped cucumber, bell pepper, tomatoes, and corn. In a separate small bowl, mix together the olive oil, lemon juice, and parsley. Add dressing mixture to quinoa mixture and mix to combine well.

Chop and add avocado just before serving. Serve chilled.

## **Recipe Source**

[thegardengrazer.com](http://thegardengrazer.com) (modified by Melissa Olson)



# Rainbow Chicken Salad with Almond Honey Mustard Dressing

Makes 4 servings

## Ingredients

2 teaspoons olive oil  
8 ounces boneless, skinless chicken breasts, cut into strips  
½ teaspoon salt  
½ teaspoon pepper  
2 cups grapes, halved  
1 cup fresh blueberries  
3 cups salad greens of choice, chopped  
½ cup feta cheese  
½ cup almonds, chopped or crushed

## Dressing

3 tablespoons almond butter (or other nut butter)  
1 tablespoon olive oil  
2 tablespoons freshly squeezed orange juice  
3 tablespoons water  
1 tablespoon stoneground mustard  
½ tablespoon raw honey  
¼ teaspoon salt, more to taste  
½ teaspoon garlic, minced

## Directions

Heat the oil in a large skillet over medium high heat. Sprinkle the chicken with the salt, and pepper. Sauté the strips of cut chicken in the oil for 2-3 minutes, then flip and cook an additional 1-3 minutes until cooked through (cook time varies depending on the size of the strip). When the chicken is cooked, remove from heat and set aside.

Cut and prep all the vegetables and fruits. When the chicken is cool enough to handle, cut into bite sized pieces. Place the salad ingredients in a large bowl and toss to combine. Refrigerate to chill.

For the dressing, whisk together or puree all the dressing ingredients in a food processor until smooth. Taste and adjust to your preferences. Pour dressing over salad and serve.

## Recipe Source

[pinchofyum.com](http://pinchofyum.com) (modified by Melissa Olson)

**Note:** At the July Hawthorne Diabetes Group, the dressing for this salad was not presented. Instead, we used this salad mixture to taste the homemade dressings from the handout “Build a Power Salad.”



# Potato and Roasted Cauliflower Salad

Makes 4-6 servings

## **Ingredients**

1 lb new (small) potatoes, rinsed and lightly scrubbed  
1/2 tsp salt, plus more as needed  
2 Tbsp fresh lemon juice, plus more as needed  
5 Tbsp extra virgin olive oil  
1/4 tsp freshly ground black pepper, plus more as needed  
1 lb cauliflower, cut into small florets (no bigger than 1 1/2 inches)  
1/2 cup chopped pitted olives (preferably a mix of black and green)  
1/3 cup thinly sliced red onion (from one-quarter of a small onion)  
1/4 cup chopped pepperoncini or other pickled peppers (about 4 whole)  
1 tsp fresh thyme leaves  
1/2 tsp crushed red pepper flakes  
3 oz feta cheese  
1/2 cup lightly packed arugula leaves, chopped (add to salad just before serving)  
Lemon wedges, for serving

## **Directions**

Preheat oven to 375 degrees.

Put the potatoes in a large pot of cold, salted water, and bring to a boil over high heat. Reduce the heat until it's gently bubbling (medium/low) and cook until the potatoes are tender, 20-25 minutes. Drain and return them to the pot.

Use a fork to crush and smash the potatoes creating lots of crevices. Add the lemon juice, 1 tbsp of the oil, 1/4 tsp of the salt and pepper, and toss gently. Let cool.

While the potatoes are cooking, toss the cauliflower on a rimmed baking sheet with another 1 tbsp of the oil and 1/4 tsp of salt. Roast (middle rack) until tender and browned around the edges, 20-30 minutes.

Add the just-roasted cauliflower to the smashed potatoes. Add the olives, red onion, pickled peppers, thyme, and crushed red pepper flakes, and toss gently to incorporate.

Crumble the feta into the bowl of a mini food processor or blender; pulse until creamy. With the motor running, drizzle in the remaining 3 tbsp of oil until well incorporated.

Add the whipped feta to the salad and fold gently. Add the arugula just before serving and fold again. Taste and add more salt, pepper, and lemon juice, as needed.

Serve slightly warm or at room temperature, with lemon wedges on the side.

## **Recipe Source**

The Oregonian, "Salad Issue" Wednesday, July 12, 2017

Joe Yonan, The Washington Post; recipe adapted from "Six Seasons: A New Way with Vegetables" by Joshua McFadden



# Zucchini Noodle Salad

Makes 4 servings

## Ingredients

3 medium zucchini (about 8 ounces each), spiralized (about 7 cups of zucchini noodles)

¼ teaspoon salt, or more as needed

1 ½ tablespoons extra virgin olive oil

1 ½ tablespoons lemon juice, plus more as needed

¼ cup basil leaves, cut into ribbons

¼ cup shaved Parmigiano-Reggiano cheese (from a block, using a vegetable peeler)

(1 ounce) 2 tablespoons pine nuts, toasted (see NOTE)

Freshly ground pepper

## Directions

Cut any very long zucchini noodles so they are about the length of a strand of spaghetti. Place the zucchini in a colander over a bowl or in the sink. Toss with salt and let sit to drain for 30 minutes. Pat dry with paper towel then transfer the zucchini to a bowl. Toss with oil and lemon juice. (Salad may be prepared a day ahead to this stage).

When ready to serve, toss the basil ribbons with the zucchini. Taste, and add more salt, as needed.

Divide among individual serving plates, then top each with Parm shavings, pine nuts, and freshly ground pepper.

NOTE: Toast the pine nuts in a small, dry skillet over a medium heat until fragrant, 3 to 5 minutes, shaking the pan a few times to avoid scorching. Let cool completely before serving or storing.

## Recipe Source

The Oregonian, Wednesday June 12, 2017, "Cool salads for hot days" by Ellie Kreiger, For *The Washington Post*

