



Recipes for Springtime Favorite Salad Recipes

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CITRUS SALAD

4 servings

- 1 cup grapefruit sections
- 1 avocado, peeled and sliced
- 1 bag fresh spinach
- 1/3 cup frozen orange juice (from the can)
- 1/4 cup honey
- 2 Tablespoons vinegar
- 1/4 teaspoon salt
- 1 Tablespoon poppy seed

Arrange grapefruit sections and avocado slices on the spinach. Mix the remaining ingredients together and spoon over salad.

Nutritional analysis per serving: 175 Calories; 2g Protein; 14g Fat; 14g Carbohydrates; 0mg Cholesterol; 5g Fiber; 75mg Sodium

(Variation - Combine fresh strawberries and toasted almonds with the spinach. Top with the poppy seed dressing or with a raspberry vinaigrette.)

PASTA SALAD

8 servings

- 1 cup pasta (uncooked)
- 1/2 small bottle Italian salad dressing
- 2 tomatoes
- 2 carrots
- 1 small green pepper
- 2 green onions
- 1/2 cup cheese, cubed (Cheddar or Mozzarella)
- 1/4 cup ripe olives, sliced
- 1/2 cup ham, cubed
- 1/4 cup pepperoni, sliced

Cook pasta and drain. Stir in salad dressing and let cool. Chop other ingredients and add to pasta. Refrigerate overnight before serving.

Nutritional analysis per serving: 143 Calories; 6g Protein; 9g Fat; 9g Carbohydrates; 14mg Cholesterol; 1g Fiber; 524mg Sodium

MARINATED SHRIMP AND ARTICHOKE HEARTS

8 servings

- 1 cup vegetable oil
- 1/2 cup red wine vinegar
- 1/3 cup dry white wine
- 1 Tablespoon chopped fresh parsley
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon whole black peppercorns
- 1 clove garlic, minced
- 2 pounds medium shrimp, cooked and peeled
- 2 (14-ounce) cans artichoke hearts, drained and halved
- 1 (8-ounce) can sliced water chestnuts, drained
- 1 small red onion, thinly sliced into rings
- Cherry tomatoes

Mix well the oil, vinegar, wine, parsley, sugar, salt, paprika, peppercorns and garlic. Combine shrimp, artichoke hearts, water chestnuts, and onion. Add marinade and toss to coat the salad. Cover and refrigerate overnight, stirring occasionally. Garnish with cherry tomatoes.

Nutritional analysis per serving: 246 Calories; 17g Protein; 15g Fat; 10g Carbohydrates; 113mg Cholesterol; 3g Fiber; 244mg Sodium

CHICKEN AND FRUIT SALAD

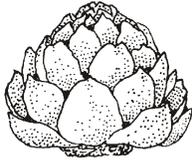
8 servings

- 4 cups cooked chicken, diced
- 2 cups seedless grapes, halved
- 1 cup toasted pecans, chopped
- 1 cup chopped celery
- 16 ounces pineapple chunks, drained
- 1/2 cup low fat sour cream
- 1/2 cup low fat mayonnaise

Combine all ingredients, mix together, and chill. Serve on a lettuce leaf or wrap in a whole wheat tortilla.

Nutritional analysis per serving: 350 Calories; 25g Protein; 19g Fat; 22g Carbohydrates; 65mg Cholesterol; 2g Fiber; 630mg Sodium





ARTICHOKE RICE SALAD

6 to 8 servings

- 1 (8 ounce) package chicken flavored rice
- 4 green onions, thinly sliced
- ½ green pepper, chopped
- 12 stuffed olives, sliced
- 2 (6 ounce) jars marinated artichoke hearts
- ¾ teaspoon curry powder
- ½ cup mayonnaise

Cook rice according to package directions, omitting butter. Place in large bowl and cool. Add onions, green pepper and olives. Drain artichoke hearts, reserving marinade. Cut hearts in halves and add to rice mixture. Combine marinade, curry powder and mayonnaise. Toss with rice salad.

Nutritional analysis per serving: 152 Calories; 3g Protein; 6g Fat; 23g Carbohydrates; 5mg Cholesterol; 2g Fiber; 274mg Sodium

STRAWBERRY PRETZEL SALAD

8 to 10 servings

- 2 cups crushed pretzels
- ¾ cup melted butter
- 3 Tablespoons, plus ¾ cup sugar
- 1 (8-ounce) package cream cheese
- 1 (8-ounce) carton whipped topping
- 2 (3-ounce) packages strawberry gelatin dessert mix
- 2 cups boiling water
- 2 (10-ounce) packages frozen strawberries
- 1 small can crushed pineapple



Preheat the oven to 400°F. For the crust, mix the pretzels, butter, and 3 Tablespoons sugar. Press this mixture into a 9X13-inch pan. Bake for 7 minutes and set aside to cool. Beat together the cream cheese and ¾ cup sugar. Fold in the whipped topping and spread over the cooled crust. Refrigerate until well chilled. Dissolve the gelatin dessert mix in the boiling water; cool slightly. Add the strawberries and pineapple, pour over the cream cheese layer. Refrigerate until serving time.

Nutritional analysis per serving: 407 Calories; 4g Protein; 20g Fat; 56g Carbohydrates; 9mg Cholesterol; 1g Fiber; 360mg Sodium

ORIENTAL CABBAGE SALAD

6 to 8 servings

- 1 (3-ounce) package oriental noodles with chicken flavor
- 4 cups shredded cabbage
- 4 green onions, sliced
- 2 cups green grapes, halved
- 2 Tablespoons sesame seed
- 3 Tablespoons vinegar
- 2 Tablespoons sugar
- 2 Tablespoons vegetable oil
- 1 teaspoon soy sauce
- ½ teaspoon ground white pepper
- ¼ teaspoon salt
- ½ cup slivered almonds, toasted

Crush noodles slightly; place in colander. Pour boiling water over noodles to soften slightly. Drain well. In a large mixing bowl combine noodles, cabbage, onions, grapes, and sesame seed. For dressing, combine seasoning package from noodles, vinegar, sugar, oil, soy sauce, pepper and salt. Mix well. Pour over cabbage mixture and toss. Cover and chill for several hours or overnight. Before serving, stir in almonds.

Nutritional analysis per serving: 207 Calories; 5g Protein; 13g Fat; 20g Carbohydrates; 0mg Cholesterol; 2g Fiber; 346mg Sodium

LAYERED VEGETABLE SALAD WITH PARMESAN DRESSING

8 to 10 servings

- 1 (8-ounce) package sliced fresh mushrooms
- 2 cups broccoli flowerets, chopped
- 1 (10-ounce) package shredded carrots
- 5 small yellow squash, sliced
- 2 large red bell peppers, cut into 1-inch pieces
- 2 green onions, sliced

Dressing:

- ¾ cup grated Parmesan cheese
- ½ cup sour cream
- ½ cup mayonnaise
- ¼ cup Italian dressing
- ¼ teaspoon cracked pepper

Whisk together dressing ingredients until smooth. Layer half of each of the vegetables in a 3-quart glass bowl. Spread half of the Parmesan dressing over top; repeat layers. Cover and chill 8 hours.

Nutritional analysis per serving: 147 Calories; 5g Protein; 11g Fat; 9g Carbohydrates; 16mg Cholesterol; 2g Fiber; 327mg Sodium