



The Salad Grill

GINGER LIME SALMON SALAD

1/3 cup (75 mL) fresh lime juice	1 lb (0.5 kg) salmon fillet
1/4 cup (50 mL) honey	8 cups (2 L) torn mixed greens
1/4 tsp (1 mL) grated fresh ginger	1 mango, peeled and sliced
1/2 tsp (2 mL) salt	

To prepare dressing, combine lime juice, honey, ginger and salt. Reserve 2 tbsp (25 mL) dressing for basting salmon; set aside remaining dressing to toss with salad. Place salmon, skin side down, on a piece of foil. Trim foil so it is slightly larger than fillet. Baste salmon with reserved dressing. Cook salmon, with lid down, over medium heat on natural gas barbecue for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Cool slightly. Combine greens and mango. Remove skin from salmon; break salmon into chunks. Add salmon to salad and toss with remaining dressing. Serve immediately. Serves 4.

LEMON COLESLAW WITH CHICKEN

1 tbsp (15 mL) oil	1/4 tsp (1 mL) salt
1 tsp (5 mL) lemon pepper	1/2 cup (125 mL) shredded dry pack feta cheese
4 boneless skinless chicken breasts	8 cups (2 L) shredded cabbage
1/2 cup (125 mL) yogurt	1 green onion, thinly sliced
2 tbsp (25 mL) fresh lemon juice	
1 tbsp (15 mL) sugar	

Combine oil and lemon pepper in a heavy plastic bag. Add chicken and squeeze bag to coat chicken with oil mixture; seal bag. Let stand 10 minutes. Remove chicken from bag. Grill chicken over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through. Cool 5 minutes. Slice chicken into thin strips. Combine next 5 ingredients (yogurt through cheese). Combine cabbage and onion; add yogurt mixture and toss to coat. Divide coleslaw among 4 plates and top with chicken. Serves 4.

Cook's Note: One package (1 lb/454 g) of prepared coleslaw mix may be substituted for shredded cabbage.

CHICKEN SALAD WITH RASPBERRIES

4 boneless skinless chicken breasts	1 cup (250 mL) raspberries
1 tbsp (15 mL) oil	1/2 cup (125 mL) raisins or dried cranberries
8 cups (2 L) mixed baby greens	Raspberry Vinaigrette, recipe follows

Combine chicken and oil in a heavy plastic bag. Squeeze bag to coat chicken with oil. Remove chicken from bag. Grill chicken over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through. Cool chicken for 5 minutes; cut diagonally into slices. Combine chicken, greens, raspberries and raisins. Add Raspberry Vinaigrette and toss to coat. Serve immediately. Serves 4.

Raspberry Vinaigrette: Whisk together 3 tbsp (40 mL) raspberry vinegar, 1/2 tsp (2 mL) sugar, 1/8 tsp (0.5 mL) salt and 1/8 tsp (0.5 mL) freshly ground pepper. Gradually whisk in 3 tbsp (40 mL) oil until blended.

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STEAK SALAD WITH CHIPOTLE DRESSING

1 ripe avocado, halved, pitted and peeled
12 cups (3 L) shredded iceberg lettuce
4 cups (1 L) julienned barbecued steak or
cooked roast beef

1 cup (250 mL) shredded cheddar cheese
1 cup (250 mL) broken blue corn tortilla chips
2 medium tomatoes, cut into wedges
Chipotle Dressing, recipe follows

Cut avocado into chunks. Divide lettuce among 4 plates. Top with avocado and steak. Sprinkle cheese and tortilla chips over steak. Top with tomatoes. Drizzle Chipotle Dressing over each salad. Serve immediately. Serves 4.

Chipotle Dressing

1/2 cup (125 mL) light sour cream	2 cloves garlic, crushed
1/4 cup (50 mL) fresh lime juice	1/2 tsp (2 mL) cumin
1 tbsp (15 mL) Dijon mustard	1/4 tsp (1 mL) allspice
1 tbsp (15 mL) honey	1/4 tsp (1 mL) salt
2 tsp (10 mL) finely chopped canned chipotle peppers in adobo sauce	1/4 cup (50 mL) chopped fresh cilantro

In a small bowl, whisk together all ingredients except cilantro until blended. Stir in cilantro. Cover and refrigerate until serving or for up to 24 hours.

Cook's Note: *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.*

ATCO Blue Flame Kitchen suggests substituting the same amount of Denzel's Lil' Smokehouse Chipotle Hot Sauce if chipotle peppers in adobo sauce cannot be found.

GRILLED CHICKEN WALDORF SALAD

4 boneless skinless chicken breasts	1/4 tsp (1 mL) nutmeg
1 tbsp (15 mL) oil	1/4 tsp (1 mL) salt
1/4 cup (50 mL) sour cream	4 cups (1 L) Red Delicious apple chunks
1/4 cup (50 mL) mayonnaise	1 1/2 cups (375 mL) sliced celery
1 tbsp (15 mL) fresh lemon juice	1/2 cup (125 mL) raisins
1 tbsp (15 mL) sugar	1/2 cup (125 mL) coarsely chopped walnuts

Combine chicken and oil in a heavy plastic bag. Squeeze bag to coat chicken with oil. Remove chicken from bag. Grill chicken over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through. Cool chicken for 5 minutes; cut diagonally into slices. To prepare dressing, combine next 6 ingredients (sour cream through salt) in a serving bowl. Stir in apple, celery, raisins and walnuts. Add chicken and toss to combine. Serve immediately. Serves 4.

CHICKEN AND COUSCOUS SALAD

2 cups (500 mL) yogurt	1 1/2 cups (375 mL) water
3 tbsp (40 mL) olive oil	1 cup (250 mL) couscous
2 tbsp (25 mL) chopped fresh mint	1/4 tsp (1 mL) salt
1 tbsp (15 mL) fresh lemon juice	2 cups (500 mL) cubed seeded English cucumber
1 tbsp (15 mL) sugar	1 cup (250 mL) small tomato chunks
3/4 tsp (3 mL) salt	1/2 cup (125 mL) sliced green onions
1/2 tsp (2 mL) freshly ground pepper	1/2 cup (125 mL) shredded dry pack feta cheese
1/8 tsp (0.5 mL) cayenne pepper	1/4 cup (50 mL) kalamata olives, pitted and halved
4 boneless skinless chicken breasts	

To prepare dressing, whisk together first 8 ingredients (yogurt through cayenne pepper). Pour 1 cup (250 mL) dressing into a heavy zip-lock plastic bag. Cover and refrigerate remaining dressing; reserve to toss with salad. Add chicken to bag and squeeze bag to coat chicken with dressing; seal bag. Let stand for 30 minutes. Remove chicken from dressing; discard dressing. Grill chicken over medium heat on natural gas barbecue for 12 - 15 minutes or until chicken is cooked through. Cool chicken for 5 minutes; cut diagonally into slices. Meanwhile, bring water to a boil over medium heat. Stir in couscous and 1/4 tsp (1 mL) salt. Remove from heat. Cover and let stand for 5 minutes. Fluff couscous with a fork and transfer to a bowl. Add chicken, cucumber, tomato, onions, cheese and olives. Add reserved dressing and toss to combine. Serves 4.