



January 11, 2017

Winter Salads

Was one of your New Year's Resolutions to eat healthier this year? Eating well doesn't have to be boring or bland. Our fresh salad recipes will help you eat healthfully and deliciously throughout the colder months.

Fresh mint perks up our Greek-inspired Couscous Salad with Olives and Spinach. Did you know that couscous is not a grain, but actually tiny balls of semolina? We like it because it cooks up quickly, though you can use whole grains, like bulgur or quinoa instead.

Transport yourself to California with our Mandarin Winter Salad – greens, cucumber and avocado tossed in a sweet and tangy citrus vinaigrette. Canned mandarins make it a salad that you can enjoy year-round. This salad pairs well with seafood, like shrimp or salmon.

Our Winter Salad with Cranberry Vinaigrette is a delicious marriage of flavour and texture. Tender baby greens, crisp cabbage, fragrant herbs, sweet cranberries and crunchy pumpkin seeds make this a salad where you can enjoy every bite. Try adding pomegranate arils and/or using pomegranate juice in the vinaigrette for a tasty twist.

COUSCOUS SALAD WITH OLIVES AND SPINACH

Ingredients:

1 1/4 cups (300 mL) canned chicken broth
1 cup (250 mL) couscous
2 tbsp (25 mL) balsamic vinegar
2 tbsp (25 mL) oil
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
4 cups (1 L) baby spinach
1 cup (250 mL) halved grape tomatoes
2/3 cup (150 mL) crumbled feta cheese
1/3 cup (75 mL) sliced green olives
1/4 cup (50 mL) slivered fresh mint



Method:

Bring broth to a boil in a medium saucepan over medium heat. Stir in couscous. Remove from heat; cover and let stand for 5 minutes. Transfer couscous to a bowl and fluff with a fork. Cool to room temperature. Meanwhile, to prepare dressing, whisk together vinegar, oil, salt and pepper until blended. Add spinach, tomatoes, cheese, olives and mint to couscous. Add dressing and toss to combine. Serve immediately. *Serves 4 - 6.*

MANDARIN WINTER SALAD

Ingredients:

1/4 cup (50 mL) frozen orange juice concentrate, thawed
2 tbsp (25 mL) sugar
2 tbsp (25 mL) red wine vinegar
1 tbsp (15 mL) lemon juice
3/4 tsp (3 mL) grated orange peel
1/2 tsp (2 mL) grated lemon peel
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
1/2 cup (125 mL) oil
8 cups (2 L) torn mixed greens
2 cups (500 mL) sliced English cucumber
1 can (10 oz / 284 mL) mandarin oranges, drained
1 green onion, sliced
1 avocado, peeled and diced

Method:

Combine first 8 ingredients (orange juice concentrate through pepper). Gradually whisk in oil. In a bowl, combine greens with remaining ingredients. Toss with enough dressing to coat. Leftover dressing may be refrigerated for up to 4 days. *Serves 8 - 10.*



WINTER SALAD WITH CRANBERRY VINAIGRETTE

Ingredients:

1/4 cup (50 mL) cranberry juice
1/4 cup (50 mL) rice vinegar
1 tbsp (15 mL) honey
1 tsp (5 mL) Dijon mustard
1/4 tsp (1 mL) salt
1/4 cup (50 mL) oil
1/4 cup (50 mL) chopped fresh cilantro
2 tbsp (25 mL) finely chopped green onion
8 cups (2 L) mixed baby greens
2 cups (500 mL) shredded red cabbage
1/2 cup (125 mL) thinly sliced red bell pepper
1/3 cup (75 mL) thinly sliced red onion
1/3 cup (75 mL) dried cranberries
1/3 cup (75 mL) shelled pumpkin seeds

Method:

To prepare vinaigrette, whisk together cranberry juice, vinegar, honey, mustard and salt until combined. Gradually whisk in oil until blended. Stir in cilantro and green onion. Combine remaining ingredients (greens through pumpkin seeds) in a bowl. Add vinaigrette and toss to coat. Serve immediately. *Serves 10 - 12.*