

**April 6, 2016**

## **Beyond Mixed Greens: 3 Salads That Will Make You Want to Eat Your Veggies**

Everyone knows that they *should* eat their vegetables, but if “vegetables” means iceberg lettuce with a few anemic wedges of tomato, we’d be pushing our plate away too. That’s why we’ve created these delicious salad recipes that put flavour, colour and texture at the forefront, to help you fall in love with vegetables again.

Jewel-toned beets are combined with fresh greens, red onion, walnuts and a homemade Creamy Blue Cheese Dressing for a classic Roasted Beet Salad. If you can, get your hands on golden beets or candy cane beets for more colour variety. Not a blue cheese fan? Swap it out for goat cheese or feta in the dressing.

Say hello to warmer weather with our Radish and Orange Salad, which is fresh and light, dressed in a citrus vinaigrette spiced with cinnamon, cumin and cayenne. It’s a perfect complement to rich, grilled meats.

Our Mediterranean-inspired Hearts of Palm Salad features intensely flavoured ingredients, like artichoke hearts, Kalamata olives and ripe Roma tomatoes, so it pairs well with lighter proteins, like chicken, fish or shrimp.

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### **ROASTED BEET SALAD**

#### **Ingredients:**

6 medium beets, trimmed  
12 cups (3 L) mixed baby greens  
1 small red onion, thinly sliced  
Creamy Blue Cheese Dressing (recipe below)  
1/3 cup (75 mL) toasted walnuts, chopped

#### **Method:**



Individually wrap beets tightly in foil and place in a baking dish. Bake beets at 400°F (200°C) until tender when pierced with a fork, about 1 1/4 hours. Unwrap beets and cool. Peel beets and slice into thin wedges. Arrange greens on 8 salad plates. Top with onion slices and beets. Drizzle Creamy Blue Cheese Dressing over each serving. Sprinkle with walnuts. Serve immediately. Serves 8.

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## CREAMY BLUE CHEESE DRESSING

### Ingredients:

1/2 cup (125 mL) mayonnaise  
1 green onion, finely chopped  
1 clove garlic, crushed  
3 tbsp (40 mL) milk  
1 tbsp (15 mL) white wine vinegar  
2 tsp (10 mL) Dijon mustard  
1/4 tsp (1 mL) freshly ground pepper  
1/3 cup (75 mL) crumbled blue cheese

### Method:

Combine all ingredients except blue cheese until blended. Stir in blue cheese. Refrigerate for up to 24 hours. If dressing becomes too thick, thin with a small amount of milk. Makes 1 1/3 cups (325 mL).

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## RADISH AND ORANGE SALAD

### Ingredients:

1/4 cup (50 mL) fresh lemon juice

2 tbsp (25 mL) orange juice  
2 tsp (10 mL) sugar  
1 tsp (5 mL) cinnamon  
1/2 tsp (2 mL) ground cumin  
1/4 tsp (1 mL) salt  
1/8 tsp (0.5 mL) cayenne pepper  
1/3 cup (75 mL) oil  
8 cups (2 L) baby spinach  
1 cup (250 mL) thinly sliced radishes  
3 medium navel oranges, peeled and sliced  
1/3 cup (75 mL) chopped toasted walnuts

**Method:**

To prepare dressing, whisk together first 7 ingredients (lemon juice through cayenne pepper) until combined. Gradually whisk in oil until blended. Combine spinach, radishes, oranges and walnuts in a bowl. Add dressing and toss to coat. Serve immediately. Serves 8.

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**HEARTS OF PALM SALAD**

**Ingredients:**

1 tbsp (15 mL) fresh lemon juice  
1 tbsp (15 mL) white wine vinegar  
1 tsp (5 mL) Dijon mustard  
3/4 tsp (3 mL) oregano, crumbled  
1/8 tsp (0.5 mL) salt  
1/8 tsp (0.5 mL) freshly ground pepper  
1 clove garlic, finely chopped  
1/3 cup (75 mL) olive oil  
1 can (14 oz/398 mL) hearts of palm, drained and diagonally sliced  
1 can (14 oz/398 mL) artichoke hearts, drained and quartered  
2 cups (500 mL) cubed Roma tomatoes



1/2 cup (125 mL) coarsely chopped pitted kalamata olives  
1/4 cup (50 mL) diagonally sliced green onion  
2 tbsp (25 mL) chopped fresh parsley  
Mixed baby greens  
Shaved Parmesan cheese

**Method:**

To prepare dressing, whisk together first 7 ingredients (lemon juice through garlic). Gradually whisk in oil until blended. Combine next 6 ingredients (hearts of palm through parsley) in a bowl. Toss with dressing to coat. Arrange greens on 8 serving plates. Spoon hearts of palm mixture onto centre of greens. Garnish with Parmesan cheese. Serve immediately. Serves 8 as an appetizer.