May 21, 2014

Release Date: May 28, 2014

Deborah Rhoades, MA, RD, FAND
Extension Educator, Family & Consumer Sciences

START YOUR SUMMER WITH A SALAD SUPPER

The summer season has just arrived, so take the time to kick back and enjoy the longer days and warmer weather. Start your summer by connecting with family, girlfriends, old classmates, and/or coworkers by hosting a salad supper. Plan the event for outside and skip the housework and setting out the china. Simple is the goal…paper plates, canned drinks, plastic tablecloths, and lawn chairs. Play some beach music and enjoy a leisurely summer evening.

Salad suppers are easy to host with minimal prep or cleanup. Everyone brings their favorite salad. As the host you set the date and coordinate the menu to prevent having ten dishes of chicken salad. Encourage guests to bring a variety of unique salads with the recipe to share with everyone. There are many types of salads using meat and seafood such as chicken salad, tuna salad, ham salad, shrimp salad, etc. Many varieties of fruit salads can be made using what is available for the season at your local farmer’s market or grocery store. Fruit salads can be chopped fruit, balls of fruit, in fruit juice, yogurt or Jello and can be served in a cut-out melon! Don’t forget the endless variety of pasta salads with a variety of dressings and added veggies, cheeses, etc. Try whole wheat pasta in a variety of shapes. Also look for recipes for different types of salads including rice, barley, etc.

Provided below are different salads you might enjoy. Happy summer!

BROWN DERBY COBB SALAD

Dressing
1 clove garlic, peeled
1/2 teaspoon salt
1/2 teaspoon pepper
1/3 cup olive oil
2 tablespoons wine vinegar
1 tablespoon prepared brown mustard
1/2 teaspoon sugar
BROWN DERBY COBB SALAD (continued)

_Salad_
1/3 head iceberg lettuce
6 leaves romaine lettuce
10-12 sprigs watercress
2 ribs celery, thinly sliced
1/2 avocado, peeled & chopped
1 large tomato, chopped
1 boneless skinless chicken breast, cooked & chopped
1 hard-cooked egg, chopped
2 ounces blue cheese, crumbled
6 slices crisp bacon, crumbled

Mix dressing ingredients & chill one hour.

Place lettuces and watercress in a large wooden bowl. Using a fork and knife, slash at leaves until they are bite-sized. Add dressing and continue slashing, until they are nearly pulverized. In a separate bowl, mix all other ingredients except bacon. Stir into lettuce. Add bacon just before serving. Makes 2 salads.

SUMMER CRAB SALAD

6 medium potatoes, cooked and chopped
1 pound bag frozen peas & carrots
1 pound crab meat or imitation crab meat
2 hard cooked eggs, chopped
1/4 cup chopped parsley
8-10 black olives
Salt & pepper to taste
Olive oil
Wine vinegar

Mix everything together carefully, using enough olive oil and vinegar to coat ingredients. Decorate with parsley springs, olives or egg slices. Garnish with shredded lettuce around the edges. NOTE: You can substitute green beans and sliced red onions for the peas & carrots.

GREEK PASTA SALAD

8 ounces rotini primavera
1 can artichoke hearts, drained and chopped
3/4 cup pitted black olives, halved
1/3 cup sliced scallions/green onions
GREEK PASTA SALAD (continued)

4 ounces reduced fat feta cheese, crumbled
1/2 cup extra virgin olive oil
1/2 cup fresh lemon juice or red wine vinegar
2 pressed garlic cloves
1/2 teaspoon dried oregano
1/4 teaspoon dried basil
1/4 teaspoon salt
1/2 cup fresh tomatoes, peeled and cubed
1/2 cup peeled and cubed cucumber

Cook pasta according to package directions until “al dente.” Rinse with cold water to stop the cooking process, drain and cool. Place in large mixing bowl and add artichoke hearts, olives, scallions, and feta cheese. Mix together olive oil, lemon juice, garlic and spices. Pour dressing over salad and stir well. Chill. Add tomatoes and cucumber right before serving.

For more information about the University of Maryland Extension Frederick County Office check out our website http://extension.umd.edu/frederick-county. University of Maryland Extension programs are open to all persons and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.

Deborah Rhoades, MA, RD, FAND, is a licensed Registered Dietitian, Fellow of the Academy of Nutrition Dietetics, and Extension Educator in Family and Consumer Sciences.

DHR:ls