10 delicious gourmet salad recipes
to enjoy as you
Bring your Family Back to the Dinner Table

Recipes Includes:

Green Apple and Strawberry Salad
Greek Isle Salad
Peruvian Salad
Jicama Salad
Chinese Cabbage Salad
Dilly Cucumbers
Thai Salad
Gourmet Green Salad with Citrus Dressing
Mushroom Salad
Big Island Luau Salad
Green Apple and Strawberry Salad
Simply Delicious — Gourmet Salads Volume 1
Serves 4-6

1 (16 ounce) package baby spinach
3 large Granny Smith apples, cored and sliced
1 pint fresh strawberries, sliced
1/2 cup cheddar cheese, shredded
1/2 cup pecans, chopped

Dressing ingredients
1/4 cup apple cider vinegar
1/4 cup maple syrup
1/4 cup olive oil

Toss spinach, apples, strawberries and cheese in a bowl. Add pecans.

Mix dressing ingredients and add to salad, to taste.

Greek Isle Salad
Simply Delicious — Gourmet Salads Volume 1
Serves 4-6

4 large cucumbers, diced
4 large ripe tomatoes, diced
1 red onion, diced
1 1/3 cup feta cheese, crumbled

Dressing ingredients
4 teaspoons olive oil
4 teaspoons red wine vinegar

Mix cucumbers, tomato and onion. Add crumbled feta cheese. Mix together red wine vinegar and olive oil. Drizzle on dressing, toss and serve.

Nutrition per serving: (based on 6 servings) 271 Calories; 19g Fat; 5g Protein; 24g Carbohydrate; 5g Dietary Fiber; 10mg Cholesterol; 105mg Sodium. Exchanges: 0 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 3 1/2 Fat; 1/2 Other Carbohydrates

Nutrition per serving: (based on 6 servings) 168 Calories; 11g Fat; 7g Protein; 13g Carbohydrate; 3g Dietary Fiber; 30mg Cholesterol; 384mg Sodium. Exchanges: 1/2 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.
**Peruvian Salad**

Simply Delicious — Gourmet Salads Volume 1
Serves 4-6

4 medium red onions, sliced thinly
3 tablespoons olive oil
2 1/2 tablespoons maple syrup
1/2 teaspoon salt
2 1/2 tablespoons jarred jalapeno pepper juice
Fresh ground black pepper to taste

In a large non metallic mixing or serving bowl, toss together sliced onions with olive oil, maple syrup, salt, the liquid from the jalapeno peppers and fresh ground black pepper. Coat onions well with liquid.

Cover and refrigerate overnight before serving.

**Jicama Salad**

Simply Delicious — Gourmet Salads Volume 1
Serves 4-6

1 jicama, julienned
2 limes, juiced
2 teaspoons maple syrup
1/4 cup cilantro, chopped
1/2 teaspoon ground cumin
1 1/2 tablespoons olive oil

Place jicama in a large glass mixing or serving bowl. Add lime juice, maple syrup, cilantro, cumin and olive oil.

Toss well and refrigerate for at least 2 hours before serving.

**Nutrition per serving**:
(based on 6 servings) 122 Calories; 7g Fat; 1g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 228mg Sodium. Exchanges: 1 1/2 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.

**Nutrition per serving**:
(based on 6 servings) 85 Calories; 3g Fat; 1g Protein; 14g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.
### Chinese Cabbage Salad

**Simply Delicious — Gourmet Salads Volume 1**  
**Serves 4-6**

4 tablespoons rice vinegar  
1 tablespoon brown sugar  
2 tablespoons honey  
2 tablespoons oil  
3 tablespoons low sodium soy sauce  
2 tablespoons sesame seeds  
2 tablespoons almonds  
2 (3 ounce) packages Ramen noodles, uncooked and broken  
2 heads Chinese cabbage, cored and sliced  
1 bunch green onions, sliced

In a saucepan over medium-high heat, combine vinegar, sugar, oil, honey and soy sauce. Bring to a low boil, stir to dissolve sugar and then remove from heat. Cool to room temperature before placing in refrigerator to chill for at least 2 hours.

In a large skillet mix together, ramen noodles, sesame seeds and almonds. Dry cook for a couple of minutes stirring constantly. Once nuts are lightly brown and toasted remove from heat. Set aside.

Mix together cabbage and green onion in large mixing or serving bowl. Add nut and noodle mixture. Drizzle on dressing. Toss and serve.

**Nutrition per serving:**  
(based on 6 servings) 112 Calories; 8g Fat; 2g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 317mg Sodium. Exchanges: 0 Grain (Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.

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### Dilly Cucumbers

**Simply Delicious — Gourmet Salads Volume 1**  
**Serves 4-6**

3/4 cup sour cream  
4 1/2 tablespoons green onion, finely chopped  
3 tablespoons fresh dill, chopped  
4 1/2 cucumbers, peeled and sliced  
Romaine lettuce

In a mixing bowl, stir together sour cream, green onion and dill. Place in refrigerator for at least 20 minutes.

Place cucumbers in serving bowl. Pour on sour cream mixture. Toss to coat cucumbers. Serve cucumbers over romaine lettuce.

**Nutrition per serving:**  
(based on 6 servings) 93 Calories; 6g Fat; 3g Protein; 8g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 21mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.
Thai Salad
Simply Delicious — Gourmet Salads Volume 1
Serves 4-6

1 1/2 cups rice vinegar
1 1/2 teaspoons lime zest
1/2 teaspoon hot sauce
3 tablespoons sugar
3/4 cup red onion, finely chopped
3 large cucumbers, thinly sliced
1/3 cup cilantro, chopped
1 1/2 tablespoons peanuts, roughly chopped

Combine everything except peanuts into a large serving or non metallic mixing bowl. Cover and refrigerate at least 2 hours.

Sprinkle with peanuts just before serving.

Gourmet Green Salad with Citrus Dressing
Simply Delicious — Gourmet Salads Volume 1
Serves 4-6

**Dressing Ingredients**
1 clove garlic, pressed
3 tablespoons olive oil
2 lemons, juiced
5 tablespoons champagne or white wine vinegar
2 tablespoons honey
1/2 tablespoon prepared mustard

1 (16 ounce) bag mixed baby greens
2 red apples, cored and roughly diced
1 carrot, thinly sliced or shaved with vegetable peeler
1/2 cup walnuts, chopped

Stir together garlic, olive oil, lemon juice, vinegar, honey and prepared mustard. Chill for at least one hour.

Toss together greens, apples and carrot. Drizzle with dressing and toss.

Sprinkle on walnuts and serve.

**Nutrition per serving:** (based on 6 servings) 78 Calories; 1g Fat; 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 0 Grain (Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

**Nutrition per serving:** (based on 6 servings) 186 Calories; 13g Fat; 3g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 0 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.
**Mushroom Salad**
Simply Delicious — Gourmet Salads Volume 1
Serves 4-6

2 cups chantrelle mushrooms  
1 cup baby portabello mushrooms  
2 cloves garlic, pressed  
Olive oil  
1 large tomato, diced  
2 tablespoons fresh basil, chopped  

**Dressing Ingredients**
3 tablespoons olive oil  
2 lemons, juiced  
1 tablespoon balsamic vinegar  
1/2 cup sundried tomatoes, diced  
1/4 cup flat leaf parsley, chopped

Preheat oven to 400 degrees.
Mix mushrooms with garlic.
Place mushrooms on baking or cookie sheet. Drizzle with olive oil, toss to coat and bake for about 5-10 minutes or until mushrooms are golden brown. Remove mushrooms from oven to serving bowl. Add fresh tomato and basil.
Mix together remaining ingredients and pour over mushroom mixture. Toss to cover and serve.

_Nutrition per serving:_ (based on 6 servings) 228 Calories; 8g Fat; 7g Protein; 42g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 422mg Sodium. Exchanges: 1/2 Grain (Starch); 0 Lean Meat; 5 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.

**Big Island Luau Salad**
Simply Delicious — Gourmet Salads Volume 1
Serves 4-6

2 cups dried figs, sliced  
3 cups fresh pineapple  
1 cup mandarin oranges, drained  
1 cup heavy whipping cream  
2 tablespoons sugar  
1/2 cup flaked coconut, divided  
1 sprig mint leaves, chopped

In a large serving or non metallic mixing bowl, stir together figs, pineapple and mandarin oranges.

Whip together cream and sugar until it reaches a “soft peak” thickness. Stir in 1/3 cup coconut. Spoon this over fruit mixture.

Sprinkle on remaining coconut and mint leaves. Serve.

_Nutrition per serving:_ (based on 6 servings) 403 Calories; 18g Fat; 4g Protein; 65g Carbohydrate; 10g Dietary Fiber; 54mg Cholesterol; 39mg Sodium. Exchanges: 0 Vegetable; 4 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 1/2 Other Carbohydrates.
Saving Dinner with

Scrumptious Salad Recipes

5 fresh dinner salad recipes

Spring Grilled Chicken Salad
Peppered Steak Salad
Gingery Roast Beef Salad
Pasta Tuna Salad
Turkey Fruit Salad with Asparagus
### Saving Dinner Scrumptious Salad Shopping List

#### MEATS
- Bacon (4 to 6 slices) [R1]
- Chicken (1 cup cooked) [R1]
- 12 ounces beef sirloin steak (1 inch thick) [R2]

#### DELI
- 8 ounces roast beef (8 ounces) [R3]
- Smoked turkey breast (1 1/2 cups cubed) [R5]

#### CONDIMENTS
- Olive oil [R2, R3, R4, R5]
- Worcestershire sauce (2 tablespoons) [R2]
- Balsamic vinegar (3 tablespoons) [R2]
- Vinaigrette dressing [R1]
- Cider vinegar [R3]
- Italian salad dressing [R4]
- Honey [R5]

#### PRODUCE
- Red onion (1 medium) [R2]
- Sweet onion (1/2 cup chopped) [R1]
- Green onions (1/2 cup sliced) [R3]
- Garlic (2 cloves) [R1,R4]
- Ginger (1 teaspoon) [R3]
- Yellow bell pepper (1) [R1]
- Red bell pepper (4) [R1,R2,R4]
- Celery (4 stalks) [R1]
- Radishes (4) [R1]
- Tomatoes (1 large) [R1]
- Cherry tomatoes (for garnish) [R4]
- Carrots (1/2 cup) [R3]
- Mushrooms (4 ounces) [R4]
- Broccoli (1 cup small florets) [R4]
- Zucchini (1 small) [R4]
- Lemons (1 teaspoon juice) [R4]
- Asparagus (1/2 pound) [R5]
- Snow peas (1 cup) [R3]
- Shredded red cabbage (1 cup) [R3]
- Romaine lettuce (8 to 10 ounces plus 4 cups) [R1,R2,R4]
- Spinach leaves (2 cups) [R2]
- Basil (1/2 cup chopped plus 2 tablespoons minced) [R1,R4]
- Blueberries (2 cups) [R5]

#### CANNED GOODS
- Chickpeas (1 cup) [R1]
- 1 (15-oz.) can red kidney beans [R2]
- 1 (8-oz.) can sliced water chestnuts [R3]
- 2 (7-oz.) cans tuna in oil [R4]
- 1 (8-oz.) cans pineapple tidbits in juice [R5]

#### DAIRY CASE
- Sharp cheddar cheese (1 cup diced) [R1]
- Mild cheddar cheese (1 cup shredded) [R4]

#### DRY GOODS
- Sugar [R2, R3]
- Fettuccini (12 ounces) [R3,R4]

#### GLUTEN FREE
- 8 ounces roast beef (8 ounces) [R3]
- Smoked turkey breast (1 1/2 cups cubed) [R5]
- Worcestershire sauce (2 tablespoons) [R2]
- Balsamic vinegar (3 tablespoons) [R2]
- Vinaigrette dressing [R1]
- Italian salad dressing [R4]
- Chickpeas (1 cup) [R1]
- 1 (15-oz.) can red kidney beans [R2]
- 1 (8-oz.) can sliced water chestnuts [R3]
- 2 (7-oz.) cans tuna in oil [R4]
- 1 (8-oz.) cans pineapple tidbits in juice [R5]
- Fettuccini (12 ounces) [R3,R4]
Spring Grilled Chicken Salad
Makes about 4 servings

INGREDIENTS:
- 8 to 10 ounces chopped romaine lettuce
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 large tomato, diced
- 4 radishes, chopped
- 4 stalks celery, sliced
- 1/2 cup chopped sweet onion
- 1/2 cup chopped basil
- 2 cloves garlic, pressed
- 4 to 6 slices cooked diced bacon
- 1 cup drained and rinsed chickpeas
- 1 cup chopped cooked chicken
- 1 cup diced sharp Cheddar cheese
- Vinaigrette dressing (or your favorite)

COOKING INSTRUCTIONS:
Combine all ingredients in a large salad bowl. Toss with a simple vinaigrette or serve with your favorite dressing.

Nutrition per serving: 389 Calories; 19g Fat; 29g Protein; 26g Carbohydrate; 6g Dietary Fiber; 75mg Cholesterol; 537mg Sodium. Exchanges: 1 Grain (Starch); 3 1/2 Lean Meat; 2 Vegetable; 2 Fat. Points: 9

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Peppered Steak Salad
Makes about 4 servings

INGREDIENTS:
- Olive oil
- 2 large red bell pepper, seeded, deribbed and cut in 1-inch thick slices
- 1 medium red onion, quartered and thinly sliced
- 12 ounces top loin or beef sirloin steak, about 1 inch thickness, trimmed
- 1 teaspoon salt
- 1 (15-oz.) can red kidney beans, drained and rinsed
- 1/4 teaspoon coarsely ground black pepper
- 3 tablespoons balsamic vinegar
- 2 tablespoons Worcestershire sauce
- 1/2 teaspoon sugar
- 2 cups torn romaine lettuce leaves
- 2 cups spinach leaves

COOKING INSTRUCTIONS:
Heat 1 teaspoon oil in a large skillet over medium-high heat. Add peppers and cook, stirring, just until tender-crisp. Stir in onion until onion is browned and peppers are tender. Remove vegetables to a bowl and set aside. Sprinkle steak with the salt. In the same skillet, in another 1 tablespoon of olive oil, cook steak until done as you like it. Remove to a cutting board and slice thinly. Add kidney beans to the drippings and cook just until beans are warm; spoon over steak and peppers and remove skillet from heat. Combine the black pepper, vinegar, Worcestershire sauce, and sugar; add to the skillet. Add another 2 tablespoons of olive oil to the skillet mixture and blend well. Place lettuce and spinach in a large salad bowl and top with the bean, steak, and pepper mixture. Drizzle the warm dressing over the salad. Toss to serve.

Nutrition per serving: 417 Calories; 25g Fat; 22g Protein; 28g Carbohydrate; 10g Dietary Fiber; 52mg Cholesterol; 1027mg Sodium. Exchanges: 1 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat. Points: 10
Gingery Roast Beef Salad
Makes about 4 servings

**INGREDIENTS:**

**Dressing:**
- 2 tablespoons olive oil
- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1 teaspoon finely grated ginger
- Pepper, to taste

**Salad:**
- 8 ounces roast beef, thinly sliced
- 4 ounces fettuccini OR gluten free pasta, broken into 3-inch pieces, cooked and cooled
- 1 cup snow peas, halved
- 1 cup shredded red cabbage
- 1/2 cup very thinly sliced carrot
- 1/2 cup sliced green onions
- 1 (8-oz.) sliced water chestnuts, drained

**COOKING INSTRUCTIONS:**

Whisk together dressing ingredients or shake in a tightly covered container.

Combine all salad ingredients in a bowl; pour dressing over salad and toss lightly. Chill for at least an hour before serving.

**Nutrition per serving:**
- 329 Calories; 10g Fat; 21g Protein; 40g Carbohydrate; 4g Dietary Fiber; 23mg Cholesterol; 833mg Sodium.
- **Exchanges:** 1 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 1 1/2 Fat.
- **Points:** 7

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Pasta Tuna Salad
Makes about 4 servings

**INGREDIENTS:**

- 2 (7-oz.) cans tuna in oil
- 1/4 cup olive oil
- 1 clove garlic, pressed
- 4 ounces fresh mushrooms, chopped
- 1 cup small broccoli florets
- 1 small zucchini, diced
- 1 small red bell pepper, seeded, deribbed and sliced
- 2 tablespoons minced fresh basil
- 8 ounces fettuccini OR gluten free pasta
- 1/4 teaspoon black pepper
- 1 teaspoon lemon juice
- 2 cups Romaine lettuce
- 4 ounces shredded mild Cheddar cheese
- Cherry tomatoes for garnish
- Italian salad dressing

**COOKING INSTRUCTIONS:**

Drain oil from tuna into large skillet. Place tuna in large bowl and separate into chunks; set aside. Add olive oil to the skillet and heat. Add garlic, mushrooms, broccoli, zucchini and red bell pepper. Cook over medium-low heat, stirring occasionally until vegetables are tender, about 5 minutes. Add basil; stir a few times and remove from heat. Let vegetables cool while noodles are cooking. Cook fettuccini according to package directions; drain well. Add noodles and cooled vegetables to the tuna along with pepper and lemon juice. Toss gently to blend ingredients. Cover and refrigerate for at least 30 minutes to chill thoroughly. Before serving, taste and adjust seasonings. Arrange on a platter lined with lettuce leaves, sprinkle with the cheese and garnish with cherry tomatoes. Serve with Italian dressing.

**Nutrition per serving:**
- 701 Calories; 34g Fat; 46g Protein; 52g Carbohydrate; 5g Dietary Fiber; 48mg Cholesterol; 573mg Sodium.
- **Exchanges:** 3 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 4 1/2 Fat.
- **Points:** 16
Turkey Fruit Salad with Asparagus
Makes about 4 servings

INGREDIENTS:
1/2 pound asparagus, cut in 2-inch pieces
2 cups blueberries
1 1/2 cups smoked turkey breast, cubed
1 (8-oz.) can pineapple tidbits in juice, drained, reserve juice
2 tablespoons honey
1 teaspoon olive oil

COOKING INSTRUCTIONS:
Boil or steam asparagus until crisp tender. Drain and cool. Combine cooled asparagus, blueberries, turkey, and pineapple tidbits in a medium bowl. Shake or whisk together 1/4 cup reserved pineapple juice, honey, and olive oil. Pour dressing mixture over the salad and toss gently.

Nutrition per serving: 278 Calories; 8g Fat; 25g Protein; 29g Carbohydrate; 3g Dietary Fiber; 60mg Cholesterol; 57mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 1/2 Other Carbohydrates. Points: 6
Got Questions? Need Help?

We’re here to help you with all your dinner needs.

Our customer service center is available to assist you as well. Check out our “LIVE CHAT” and “talk” directly with one of our staff right then and there.

Visit our website at

www.SavingDinner.com

for all of the details and any assistance you need.
Saving Dinner
With
Main Dish Salads
On Monday, June 21\textsuperscript{st} is Summer Solstice...in other words, the first day of summer! In the northern hemisphere it is the longest day and shortest night of the calendar year. Historically, it was cause for many celebrations and rituals for that reason. It is also known as midsummer because it is the middle of the growing season.

And though we begin our celebration a bit early, what better way to acknowledge this phenomenon than to turn off our ovens and graciously use our bounty to nutritiously and deliciously serve our families?

Here we present you with a variety of hearty, palate-pleasing main dishes salads to take you through the season in style and simplicity. Although the word “salad” usually translates as healthy, be aware that some dressings pack a load in the calorie department. For this reason and to help save money, we've included recipes for a few Saving Dinner dressings that you can prepare in your own airtight container and store in your refrigerator.

Most of the salad recipes lend themselves to using leftover meat, poultry or fish, so keep this in mind at grilling time. And for maximum freshness, don’t forget to chill your dinner plates!

When we say salad greens, we mean GREENS—those hearty delicious lettuce leaves with color, nutrition, flavor and crunch. Leave Icebergs in the sea; that lettuce should go down like the Titanic! It's nearly nutritionally worthless, folks. There are better lettuces worth your money and salad spinner!
**Salads Shopping List**

<table>
<thead>
<tr>
<th>Meat</th>
<th>Produce</th>
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</thead>
<tbody>
<tr>
<td>1 pound beef sirloin</td>
<td>Garlic [S1]</td>
</tr>
<tr>
<td>2 1/4 pounds boneless</td>
<td>2 small red onion [S1,6]</td>
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<tr>
<td>skinless chicken breast [S2,7]</td>
<td>1 small onion [D3]</td>
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<tr>
<td>18 slices bacon (nitrite free) [S3,6,9]</td>
<td>8 cups shredded mixed salad greens [S1]</td>
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<tr>
<td>2 cups baby shrimp</td>
<td>1 head plus 8 cups shredded hearts of</td>
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<tr>
<td>[S3]</td>
<td>Romaine lettuce [S2,3]</td>
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<td>1 pound leftover</td>
<td>2 cups chopped watercress lettuce [S3]</td>
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<tr>
<td>grilled steak (whatever you have available) [S6]</td>
<td>36 cups shredded mixed salad greens [S4,7,8,9,10]</td>
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<tr>
<td>2 cups cooked shrimp</td>
<td>8 cups baby spinach [S6]</td>
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<tr>
<td>OR crabmeat [S8]</td>
<td>8 cups mixed baby greens [S5]</td>
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<tr>
<td>1 cup julienned</td>
<td>1 cup chopped cilantro [S4]</td>
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<tr>
<td>cooked (nitrite free)</td>
<td>1 cup chopped fresh parsley [S5]</td>
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<tr>
<td>ham [S9]</td>
<td>1 tablespoon finely chopped Italian (flat-leaf) parsley [S10]</td>
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<td></td>
<td>2 teaspoons finely chopped fresh tarragon [S10]</td>
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<td></td>
<td>2 cucumbers [S1,5]</td>
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<td></td>
<td>6 medium tomatoes [S1,4]</td>
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<td></td>
<td>4 large beefsteak tomatoes [S6]</td>
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<td></td>
<td>1 1/2 cup halved cherry OR grape tomatoes</td>
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<td></td>
<td>[S9,10]</td>
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<td></td>
<td>1 teaspoon grated fresh gingerroot [S2]</td>
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<tr>
<td></td>
<td>1 1/4 cups seedless red grapes, halved [S2]</td>
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<td></td>
<td>4 medium stalks celery [S2,9]</td>
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<td></td>
<td>4 large white mushrooms [S6]</td>
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<td></td>
<td>6 avocados [S3,4,8]</td>
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<tr>
<td></td>
<td>8 green onions [S4,5,7,9]</td>
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<td></td>
<td>2 large carrots [S5,7]</td>
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<tr>
<td></td>
<td>8 asparagus spears [S8]</td>
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<td></td>
<td>1 pound baby new potatoes [S10]</td>
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<td></td>
<td>12 ounces fresh green beans [S10]</td>
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<td></td>
<td>1 medium yellow bell pepper [S10]</td>
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<td></td>
<td>1/3 cup lemon juice [S5]</td>
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<td></td>
<td>1 lime (1 tablespoon) juice [S2]</td>
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<tr>
<td>Condiments</td>
<td>Canned Goods</td>
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<tr>
<td>Olive oil [S1,5,7]</td>
<td>1 (16-oz.) can refried beans [S4]</td>
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<tr>
<td>[D1]</td>
<td>1 (11-oz.) can Mandarin orange sections,</td>
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<tr>
<td>Vegetable oil [S4]</td>
<td>drained [S7]</td>
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<tr>
<td>Non-aerosol cooking</td>
<td>1 small can black olives (12) [S8]</td>
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<tr>
<td>spray [S7]</td>
<td>18 pitted whole black Nicoise olives (plus</td>
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<td></td>
<td>extra for garnish) [S10]</td>
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<tr>
<td>1 1/4 cups lowfat</td>
<td>1 (12-oz.) can sockeye salmon, drained and</td>
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<tr>
<td>mayonnaise [S2]</td>
<td>flaked (or use leftover grilled salmon)</td>
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<td>[D2.3]</td>
<td>[S10]</td>
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<tr>
<td>3 1/2 teaspoon Dijon</td>
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<td>mustard [S6,10] [D1]</td>
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<tr>
<td>1/4 cup low sodium</td>
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<tr>
<td>teriyaki sauce [S7]</td>
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<td>3 tablespoons apple</td>
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<td>cider vinegar [S7] [D3]</td>
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<td>1 tablespoon low</td>
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<tr>
<td>sodium soy sauce [S7]</td>
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<td>1/2 teaspoon ground</td>
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<td>ginger [S7]</td>
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<tr>
<td>4 tablespoons balsamic</td>
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<tr>
<td>vinegar [D1]</td>
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<tr>
<td>2 tablespoons ketchup</td>
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<td>[D3]</td>
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<tr>
<td>1 teaspoons honey</td>
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<td>[D3]</td>
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<td>2 teaspoons sweet</td>
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<tr>
<td>pickle relish [D3]</td>
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<tr>
<td>Spices</td>
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<tr>
<td>1 1/2 teaspoons curry</td>
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<td>powder [S2]</td>
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<td>1 teaspoon dried</td>
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<td>chives [D2]</td>
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<tr>
<td>1/2 teaspoon dried</td>
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<tr>
<td>parsley [D2]</td>
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<tr>
<td>1/4 teaspoon dried</td>
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<td>dill [D2]</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon garlic</td>
<td></td>
</tr>
<tr>
<td>powder [D2]</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon onion</td>
<td></td>
</tr>
<tr>
<td>powder [D2]</td>
<td></td>
</tr>
<tr>
<td>Dairy</td>
<td></td>
</tr>
<tr>
<td>1 cup crumbled blue</td>
<td></td>
</tr>
<tr>
<td>cheese [S1]</td>
<td></td>
</tr>
<tr>
<td>1/4 cup low fat plain</td>
<td></td>
</tr>
<tr>
<td>yogurt [S2]</td>
<td></td>
</tr>
<tr>
<td>16 eggs [S3,6,8,9,10]</td>
<td></td>
</tr>
<tr>
<td>1/4 pound Roquefort</td>
<td></td>
</tr>
<tr>
<td>cheese [S3]</td>
<td></td>
</tr>
<tr>
<td>1 cup shredded low</td>
<td></td>
</tr>
<tr>
<td>fat Cheddar cheese</td>
<td></td>
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<tr>
<td>[S4]</td>
<td></td>
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<tr>
<td>1/2 cup crumbled</td>
<td></td>
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<tr>
<td>Feta cheese [S5]</td>
<td></td>
</tr>
<tr>
<td>1/2 cup julienned</td>
<td></td>
</tr>
<tr>
<td>lowfat Swiss cheese</td>
<td></td>
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<tr>
<td>[S9]</td>
<td></td>
</tr>
<tr>
<td>1/2 cup julienned</td>
<td></td>
</tr>
<tr>
<td>lowfat cheddar</td>
<td></td>
</tr>
<tr>
<td>cheese [S9]</td>
<td></td>
</tr>
<tr>
<td>1/2 cup buttermilk</td>
<td></td>
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<tr>
<td>[D2]</td>
<td></td>
</tr>
<tr>
<td>Dry Goods</td>
<td></td>
</tr>
<tr>
<td>8 (6-inch) corn</td>
<td></td>
</tr>
<tr>
<td>tortillas [S4]</td>
<td></td>
</tr>
<tr>
<td>1 cup bulgur OR</td>
<td></td>
</tr>
<tr>
<td>cracked wheat [S5]</td>
<td></td>
</tr>
<tr>
<td>Sugar [S6,7] [D1]</td>
<td></td>
</tr>
<tr>
<td>1/4 cup slivered</td>
<td></td>
</tr>
<tr>
<td>almonds [S7]</td>
<td></td>
</tr>
</tbody>
</table>
### Blue Cheese Steak Salad

**About 4 Servings**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon olive oil</td>
<td>1 cucumber, peeled and sliced</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, pressed</td>
<td>4 medium tomatoes, cored and sliced</td>
<td></td>
</tr>
<tr>
<td>1 pound beef sirloin steak</td>
<td>1 small red onion, thinly sliced</td>
<td></td>
</tr>
<tr>
<td>8 cups shredded mixed salad greens</td>
<td>1 cup crumbled blue cheese</td>
<td></td>
</tr>
</tbody>
</table>

**INSTRUCTIONS:**
Preheat indoor or outdoor grill to MEDIUM-HIGH. Rub steak with oil and garlic and grill until it reaches desired level of doneness; remove from skillet to a cutting board and allow it to rest for about 10 minutes. Meanwhile, arrange lettuce on dinner plates; evenly add cucumber, tomatoes and red onion; slice the steak and arrange it on top. Garnish with blue cheese.

**NUTRITION per serving:**
472 Calories; 30g Fat; 37g Protein; 16g Carbohydrate; 5g Dietary Fiber; 109mg Cholesterol; 577mg Sodium. **Exchanges:** 4 1/2 Lean Meat; 3 Vegetable; 3 Fat. **Points:** 11

**SERVING SUGGESTION:**
Serve your choice of Saving Dinner dressing(s) on the side; add some crusty whole grain rolls and butter.

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### Curried Chicken Salad

**About 4 Servings**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 pounds boneless skinless chicken breast meat, cooked cut into 1/2&quot; chunks</td>
<td>1 1/2 teaspoons curry powder</td>
<td></td>
</tr>
<tr>
<td>1/4 cup low fat plain yogurt</td>
<td>1 teaspoon grated fresh gingerroot</td>
<td></td>
</tr>
<tr>
<td>1/4 cup lowfat mayonnaise</td>
<td>1 1/4 cups seedless red grapes, halved</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon fresh lime juice</td>
<td>2 medium stalks celery, thinly sliced</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 cups shredded hearts of Romaine lettuce</td>
<td></td>
</tr>
</tbody>
</table>

**INSTRUCTIONS:**
In a large bowl, whisk together yogurt, mayonnaise, lime juice, curry powder, gingerroot and remaining salt; blend well. Stir in grapes and celery, now add the chicken to the bowl; mix thoroughly and serve over lettuce.

**NUTRITION per serving:**
290 Calories; 7g Fat; 42g Protein; 15g Carbohydrate; 3g Dietary Fiber; 105mg Cholesterol; 219mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates. **Points:** 6

**SERVING SUGGESTION:**
Serve bread sticks on the side.
Seafood Cobb Salad
About 4 to 6 Servings

INGREDIENTS:
1 head Romaine lettuce, torn into bite-size pieces
3 hard-boiled eggs, diced
8 slices bacon, cooked and crumbled
2 cups chopped watercress lettuce, stems removed
2 cups cooked baby shrimp
2 cups cooked crab
2 avocados, pitted, peeled and diced
2 medium tomatoes, chopped
1/4 pound Roquefort cheese, crumbled

INSTRUCTIONS:
On individual dinner plates, make a bed of the Romaine lettuce. Arrange diced eggs, crumbled bacon, watercress, shrimp and crab, diced avocados, chopped tomatoes and 1/4 pound of crumbled Roquefort in a neat pattern of rows over the Romaine, covering the Romaine almost completely. OR do like I do and put everything in a gigantic salad bowl and toss it all together to get it all mixed up!

NUTRITION per serving: 409 Calories; 24g Fat; 38g Protein; 11g Carbohydrate; 5g Dietary Fiber; 319mg Cholesterol; 846mg Sodium. Exchanges: 4 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 3 1/2 Fat. Points: 9

SERVING SUGGESTION: Serve with your choice of Saving Dinner dressing(s); add some whole grain rolls and butter on the side.

DO-AHEAD TIP: Cook tortillas and heat refried beans (see recipe below).

Tostada Salad
About 4 Servings

INGREDIENTS:
1/4 cup vegetable oil
8 (6-inch) corn tortillas
1 (16-oz.) can refried beans
8 cups shredded mixed salad greens
2 medium tomatoes, chopped
2 avocados, pitted and diced
1 cup shredded low fat Cheddar cheese
1 cup chopped cilantro
1/2 cup chopped green onions

INSTRUCTIONS:
Heat the oil in a skillet over medium-high heat until hot; cook each tortilla on both sides until crisp and golden; drain on paper towels. In a medium saucepan, heat refried beans over medium heat until warm. On each dinner plate, place 2 tortillas, overlapping; spread with refried beans then arrange salad greens, chopped tomato, diced avocado and shredded cheese evenly on top; sprinkle with chopped cilantro and green onion. Heap it high with the greens!

NUTRITION per serving: 601 Calories; 34g Fat; 21g Protein; 59g Carbohydrate; 14g Dietary Fiber; 6mg Cholesterol; 783mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 6 Fat. Points: 9

SERVING SUGGESTION: Serve salsa and sour cream at the table plus your choice of Saving Dinner dressing(s).
Tabbouleh-Stuffed Tomatoes
About 4 Servings

**INGREDIENTS:**
- 1 cup bulgur OR cracked wheat
- 1 cup boiling water
- 1 large cucumber, seeded and very finely cubed
- 3 green onions, finely chopped
- 1 large carrot, peeled and very finely cubed
- 1 cup chopped fresh parsley
- 1/2 cup chopped fresh mint
- 1/3 cup olive oil
- 1/3 cup lemon juice
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 4 large beefsteak tomatoes
- 8 cups mixed baby greens
- 1/2 cup crumbled Feta

**INSTRUCTIONS:**
Place bulgur or cracked wheat in a large mixing bowl; pour 1 cup of boiling water on top; let stand for about 1/2 hour or until all water is absorbed. Drain well, squeezing out any excess water. Add cucumber, green onion, parsley and mint. In a small bowl, whisk together olive oil, lemon juice, salt and pepper; add to drained bulgur or cracked wheat; blend well. Cover and refrigerate overnight or for at least 4 hours. Scoop out the insides of the tomatoes and fill them with tabbouleh; serve each on a bed of mixed baby greens and top with crumbled Feta.

**NUTRITION per serving:** 411 Calories; 23g Fat; 12g Protein; 45g Carbohydrate; 13g Dietary Fiber; 17mg Cholesterol; 812mg Sodium. **Exchanges:** 2 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 4 Fat. **Points:** 9

**SERVING SUGGESTION:** If desired, serve Saving Dinner Basic Vinaigrette dressing on the side; add an assortment of whole wheat crackers and/or pita chips.

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Steak and Spinach Salad with Warm Bacon Dressing
About 4 Servings

**INGREDIENTS:**
- 4 hard-boiled eggs, cooked, cooled, peeled and quartered
- 8 slices bacon, cooked and crumbled
- 3 tablespoons red wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon Dijon mustard
- Salt and freshly ground black pepper
- 8 cups baby spinach
- 4 large white mushrooms, sliced
- 1 small red onion, thinly sliced
- 1 pound leftover grilled steak (whatever you have available), sliced into 16 slices

**INSTRUCTIONS:**
In a skillet, cook the bacon until crisp; transfer to a paper-towel lined plate; cool, crumble and set aside. Transfer 3 tablespoons of bacon drippings to a small saucepan over medium heat; add vinegar, sugar, mustard and a dash each of salt and pepper. Remove stems from spinach and place in a large bowl; add sliced mushrooms and red onion; toss. Add dressing and crumbled bacon; toss well. Divide salad evenly on dinner plates and top each with egg quarters and steak slices; season with more pepper, if desired.

**NUTRITION per serving:** 386 Calories; 23g Fat; 35g Protein; 9g Carbohydrate; 3g Dietary Fiber; 281mg Cholesterol; 453mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 2 Fruit. **Points:** 9

**SERVING SUGGESTION:** Serve whole grain rolls and butter on the side.
Mandarin Orange Teriyaki Chicken Salad

About 4 Servings

**INGREDIENTS:**
- 3/4 pound boneless skinless chicken breast meat, cubed
- 1/4 cup low sodium teriyaki sauce
- Non-aerosol cooking spray
- 8 cups torn mixed salad greens
- 1 (11-oz.) can Mandarin orange sections, drained
- 1 medium carrot, shredded
- 1/4 cup slivered almonds, toasted
- 3/4 pound boneless skinless chicken breast meat, cubed
- 1/4 cup low sodium teriyaki sauce
- Non-aerosol cooking spray
- 8 cups torn mixed salad greens
- 1 (11-oz.) can Mandarin orange sections, drained
- 1 medium carrot, shredded
- 1/4 cup slivered almonds, toasted
- 3 tablespoons sliced green onion
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 tablespoon low sodium soy sauce
- 2 teaspoons sugar
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

**INSTRUCTIONS:**
In a large zipper-topped plastic bag, combine chicken and teriyaki sauce; seal bag and turn to coat; refrigerate for 1 to 2 hours. Drain and discard marinade. Coat a large non-stick skillet with cooking spray; add chicken; cook and stir for 5 to 7 minutes or until no longer pink; transfer to a bowl; cover and refrigerate until chilled. In a large bowl, combine salad greens, chicken, oranges, carrot, almonds and green onion. In a jar with a tight-fitting lid, combine remaining ingredients; shake well and drizzle over the salad; toss gently to coat.

**NUTRITION per serving:** 299 Calories; 13g Fat; 25g Protein; 22g Carbohydrate; 5g Dietary Fiber; 49mg Cholesterol; 1066mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 2 Vegetable; 1/2 Fruit; 2 Fat. **Points:** 6

**SERVING SUGGESTION:** Serve sesame bread sticks on the side.

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DO-AHEAD TIP: Steam asparagus until tender-crisp; cover with ice water to stop the cooking process; drain and set aside. Hard-boil 4 eggs; cool, peel and cut each into fourths; set aside. (See recipe below).

Shrimp or Crab Louie-Louie

About 4 Servings

**INGREDIENTS:**
- 8 cups mixed salad greens
- 2 cups cooked shrimp OR crabmeat
- 2 ripe avocados, pitted, peeled and sliced
- 4 medium tomatoes, each cut into 4 wedges
- 12 whole black olives
- 8 asparagus spears, steamed and cooled
- 4 hard-boiled eggs, cut into fourths

**INSTRUCTIONS:**
Arrange salad greens evenly on dinner plates; top with shrimp or crabmeat. Around the perimeter, place sliced avocado, tomato wedges and olives; garnish with asparagus spears.

**NUTRITION per serving:** 395 Calories; 23g Fat; 36g Protein; 13g Carbohydrate; 6g Dietary Fiber; 443mg Cholesterol; 490mg Sodium. **Exchanges:** 4 Lean Meat; 1 Vegetable; 1/2 Fruit; 3 1/2 Fat. **Points:** 9

**SERVING SUGGESTION:** Pass the Saving Dinner Thousand Island dressing at the table; serve whole wheat crusty rolls and butter on the side.
### Chef’s Salad the Saving Dinner Way

**About 4 Servings**

**INGREDIENTS:**
- 8 cups mixed salad greens
- 1 cup julienned cooked nitrite free ham
- 1 cup julienned cooked nitrite free turkey
- 1/2 cup julienned lowfat Swiss cheese
- 1/2 cup julienned lowfat cheddar cheese
- 1/2 cup finely chopped green onion
- 1/2 cup finely chopped celery
- 1 cup halved cherry OR grape tomatoes
- 2 hard-boiled eggs, peeled and quartered
- 2 slices nitrite free bacon, cooked, well blotted, cooled and crumbled

**INSTRUCTIONS:**
On dinner plates, arrange first 8 ingredients (salad greens through tomatoes) evenly. Garnish with egg slices and sprinkle crumbled bacon on top.

**NUTRITION per serving:**
- 246 Calories
- 6g Fat
- 36g Protein
- 11g Carbohydrate
- 176mg Cholesterol
- 1574mg Sodium

**Exchanges:**
- 0 Grain(Starch)
- 4 1/2 Lean Meat
- 1 1/2 Vegetable
- 1/2 Fat

**Points:** 5

**SERVING SUGGESTION:** Pass your choice of Saving Dinner dressing(s) at the table; serve whole grain rolls and butter on the side.

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### Salmon Salad Nicoise

**About 6 Servings**

**INGREDIENTS:**
- 1 (12-oz.) can sockeye salmon, drained and flaked (or use leftover grilled salmon)
- 1 pound baby new potatoes, cooked, cooled and quartered
- 12 ounces fresh green beans, blanched, cooled
- 1/2 medium yellow bell pepper, seeded, deribbed and cut into 1/4-inch strips
- 1 cup halved cherry OR grape tomatoes
- 18 pitted whole black Nicoise olives (plus extra for garnish)
- 1 tablespoon finely chopped Italian (flat-leaf) parsley
- 2 teaspoons finely chopped fresh tarragon
- 1/2 cup Saving Dinner Basic Vinaigrette dressing
- 2 teaspoons Dijon mustard
- Salt, to taste
- Freshly ground black pepper, to taste
- 4 cups torn mixed salad greens
- 3 hard-boiled eggs

**INSTRUCTIONS:**
In a large bowl, combine first 9 ingredients (salmon through tarragon). In a small bowl, whisk together dressing and mustard; drizzle over salad and gently toss; salt and pepper to taste. Arrange salad greens evenly on dinner plates; top with extra Nicoise olives and garnish with egg slices.

**NUTRITION per serving:**
- 335 Calories
- 20g Fat
- 19g Protein
- 22g Carbohydrate
- 4g Dietary Fiber
- 141mg Cholesterol
- 263mg Sodium

**Exchanges:**
- 1 Grain (Starch)
- 2 Lean Meat
- 1 1/2 Vegetable
- 0 Fruit
- 2 1/2 Fat

**Points:** 8

**SERVING SUGGESTION:** Add whole grain rolls and butter on the side.
## Basic Vinaigrette
### Makes 1 Cup

**INGREDIENTS:**
- 1 tablespoon Dijon mustard
- 4 tablespoons balsamic vinegar
- 1 teaspoon sugar
- 1/4 cup extra virgin olive oil
- Salt and freshly ground black pepper, to taste

**INSTRUCTIONS:**
Combine all ingredients in a jar and shake vigorously (add a clove or two of garlic, if you like). Keep refrigerated.

**NUTRITION per serving:** 64 Calories; 7g Fat; trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 24mg Sodium. **Exchanges:** 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 2

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## Creamy Ranch
### Makes 2 Cups

**INGREDIENTS:**
- 1/2 cup lowfat mayonnaise
- 1/2 cup low fat sour cream
- 1/2 cup buttermilk
- 1 teaspoon dried chives
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried dill
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt and freshly ground black pepper, to taste

**INSTRUCTIONS:**
In a medium bowl, whisk together all ingredients; transfer to an airtight container and keep refrigerated.

**NUTRITION per serving:** 33 Calories; 2g Fat; 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 63mg Sodium. **Exchanges:** 0 Grain (Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates. **Points:** 1

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## Thousand Island
### Makes About 1 Cup

**INGREDIENTS:**
- 1/2 cup lowfat mayonnaise
- 2 tablespoons ketchup
- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- 2 teaspoons sweet pickle relish
- 1 teaspoon finely minced onion
- Salt and freshly ground black pepper, to taste

**INSTRUCTIONS:**
In a small bowl, whisk together all ingredients; transfer to an airtight container and keep refrigerated.

**NUTRITION per serving:** 49 Calories; 4g Fat (73.0% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 148mg Sodium. **Exchanges:** 0 Grain (Starch); 0 Vegetable; 0 Fruit; 1 Fat. **Points:** 1
Got Questions? Need Help?

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and “talk” directly with one of our staff right then and there.
Visit our website at

www.SavingDinner.com

for all of the details and any assistance you need.
Summer Salads Volume 2

Honey Mustard Salad Dressing
Raspberry-Basil Vinaigrette
Catalina Salad Dressing
Caesar Salad Dressing
Mediterranean Salad Dressing
Chicken Waldorf Salad
Tuna and White Bean Salad
Basil-Chicken Couscous Salad
Salmon and Spiral Pasta Salad
Strawberry Fields Salmon Salad
Avocado BLT Salad
Mediterranean Chicken and Quinoa Salad
Buffalo Chicken Salad
Steak and Artichoke Salad
Panzanella
On Monday, June 21st is Summer Solstice...in other words, the first day of summer! In the northern hemisphere it is the longest day and shortest night of the calendar year. Historically, it was cause for many celebrations and rituals for that reason. It is also known as midsummer because it is the middle of the growing season.

What better way to acknowledge this phenomenon than to turn off our ovens and graciously use our bounty to nutritiously and deliciously serve our families?

Here we present you with a variety of hearty, palate-pleasing main dishes salads to take you through the season in style and simplicity. Although the word “salad” usually translates as healthy, be aware that some dressings pack a load in the calorie department. For this reason and to help save money, we’ve included recipes for a few Saving Dinner dressings that you can prepare in your own airtight container and store in your refrigerator.

Most of the salad recipes lend themselves to using leftover meat, poultry or fish, so keep this in mind at grilling time. And for maximum freshness, don’t forget to chill your dinner plates!
# Summer Salads Shopping List

## MEAT
- Boneless skinless chicken breast meat (6 cups cooked and chopped plus 2 cups chopped) [S1, S3, S7, S8]
- 1 pound beef flank steak [S9]
- 1/2 pound bacon [S6]
- 4 salmon fillets (or buy frozen) [S5]

## DELI
- Pepperoni (1 cup sliced) [S10]

## CONDIMENTS
- Olive oil (3 1/4 cups plus 2 tablespoons) [D2, D3, D5, S2, S3, S9]
- White vinegar (1 1/2 cup plus 3 tablespoons) [D3, D4]
- Apple cider vinegar (2 tablespoons) [D9]
- Rice wine vinegar (2 tablespoons) [D1]
- Raspberry vinegar (1/2 cup) [D2]
- Italian salad dressing (1 3/4 cups) [S4, S10]
- Low fat Ranch salad dressing (3 3/4 cup) [S6, S8]
- Low fat mayonnaise (1 1/4 cups) [D4, S1]
- Dijon mustard (3 tablespoons) [D1, D2]
- Ketchup (1/3 cup) [D3]
- Worcestershire sauce (2 teaspoons) [D4]
- Low sodium soy sauce [S9]
- Hot sauce [S8]
- Kalamata olives (1/2 cup) [S7, S10]
- Honey (1/2 cup plus 2 tablespoons) [D1, D2, S5]

## PRODUCE
- Red onions (2 small) [S7, S10]
- Shallots (1 large plus 1 small) [D3, D4]
- Garlic (7 cloves) [D4, D5, S2, S3]
- Green onions (8) [S2, S9]
- Celery (4 medium stalks) [S1, S8]
- Carrots (2 medium) [S4]
- English cucumber (1/4 cup chopped) [S10]
- Tomatoes (2 large) [S10]
- Plum (Roma) tomatoes (6) [S6, S9]
- Grape tomatoes (1 pint) [S2]
- Green bell peppers (1 medium plus 1 small) [S2, S10]
- Avocado (1 large) [S6]
- Broccoli florets (2 cups) [S4]
- Mushrooms (8 ounces) [S9]
- Mixed baby greens (16 ounces) [S3, S5]
- Romaine lettuce (40 ounces) [S1, S6, S8, S9, S10]
- Basil (3/4 cup chopped leaves plus 1/4 cup torn leaves) [D2, S3, S10]
- Lemons (3/4 cup plus 4 tablespoons plus 1/2 teaspoon juice) [D4, D5, S1, S2, S3]
- Oranges (1/4 cup juice) [S1]
- Granny Smith apples (1) [S1]
- Seedless red grapes (1 cup) [S1]
- Strawberries (1 cup sliced) [S5]
- Raspberries (1/4 cup) (or buy frozen) [D2]

## CANNED GOODS
- 2 (7-oz.) cans tuna in water [S2]
- 1 (10-oz.) can salmon [S4]
- Low sodium chicken broth (1 cup) [S7]
- Tomato paste (2 tablespoons) [D3]
- 1 (15-oz.) can cannellini beans [S2]
- 1 (14-oz.) can artichoke hearts in water [S9]

## SPICES
- Sea salt [D3, D4, D5, S1, S2, S8]
- Black peppercorns [D2, D4, D5, S1, S2, S8, S9]
- Paprika [D3]
- Chili powder [D3]
- Celery seed [D3]
- Dry mustard [D3, D4]
- Basil [D5, S9]
- Oregano [D4, S9]

## DAIRY/DAIRY CASE
- Butter, unsalted (4 tablespoons) [S5, S8]
- Eggs (4) [S9]
- Low fat plain yogurt (1 cup) [D1]
- Plain Greek yogurt (3/4 cup) [S1]
- Part-skim Mozzarella cheese (1 cup shredded) [S10]
- Feta cheese (1/2 cup crumbled) [S3, S7]
- Blue cheese (1/2 cup crumbled) [S8]
- Parmesan cheese (1/2 cup grated) [S10]

## DRY GOODS
- Sugar (1 cup) [D3]
- Walnuts (3/4 cup chopped) [S1, S5]
- Couscous (2/3 cup uncooked) [S3]
- Quinoa (1 1/2 cup uncooked) [S7]
- Rotini pasta (8 ounces uncooked) [S4]

## FREEZER
- 4 salmon fillets (if not using fresh) [S5]
- Raspberries (1/4 cup) (if not using fresh) [D2]

## BAKERY
- French bread (4 cups cubed) [S10]

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**SHOPPING LIST LEGEND**

[D1, D2, S1, S2] = Dressing 1, Dressing 2, Salad 1, Salad 2, etc. etc.

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes.
Honey Mustard Salad Dressing
Makes 1 1/2 cups

**INGREDIENTS:**
1 cup low fat plain yogurt
1/4 cup honey
2 tablespoons Dijon mustard
2 tablespoons rice wine vinegar

**DIRECTIONS:**
In a medium bowl, whisk together all ingredients. Transfer to an airtight container and keep refrigerated.

**NUTRITION per tablespoon:** 18 Calories; trace Fat; 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 23mg Sodium. **Exchanges:** 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates. **Points:** 1

Raspberry-Basil Vinaigrette
Makes about 2 cups

**INGREDIENTS:**
1/4 cup fresh or frozen raspberries
1/4 cup honey
1/2 cup raspberry vinegar
1/2 cup chopped fresh basil leaves
1/2 teaspoon freshly ground black pepper
1 tablespoon Dijon mustard
3/4 cup olive oil

**DIRECTIONS:**
Combine raspberries, honey, vinegar, basil, pepper and mustard in a blender. Blend until well combined. Slowly add olive oil while blending; blend until smooth. Transfer to an airtight container and keep refrigerated.

**NUTRITION per tablespoon:** 48 Calories; 5g Fat; trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 2

Catalina Salad Dressing
Makes about 2 cups

**INGREDIENTS:**
2 tablespoons tomato paste
1 cup sugar
1 teaspoon sea salt
1/2 teaspoon paprika
1/4 teaspoon chili powder
1/2 teaspoon celery seed
1 teaspoon dry mustard
1 large shallot, grated
1/2 cup white vinegar
1/3 cup ketchup
1 cup olive oil

**DIRECTIONS:**
Combine tomato paste, sugar, salt, paprika, chili powder, celery seed, dry mustard, shallot, vinegar and ketchup in a blender. Blend until well combined. Slowly add olive oil while blending; blend until smooth. Transfer to an airtight container and keep refrigerated.

**NUTRITION per serving:** 79 Calories; 6g Fat; trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 86mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates. **Points:** 2
### Caesar Salad Dressing
Makes 1 1/4 cups

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup low fat mayonnaise</td>
<td>2 teaspoons Worcestershire sauce</td>
</tr>
<tr>
<td>2 cloves garlic</td>
<td>1 teaspoon dry mustard</td>
</tr>
<tr>
<td>3 tablespoons white vinegar</td>
<td>1/4 teaspoon sea salt</td>
</tr>
<tr>
<td>1/2 teaspoon lemon juice</td>
<td>1 small shallot, grated</td>
</tr>
<tr>
<td>1/4 teaspoon freshly ground black pepper</td>
<td></td>
</tr>
</tbody>
</table>

**DIRECTIONS:**
Combine all ingredients in a blender. Blend until smooth. Transfer to an airtight container and keep refrigerated.

**NUTRITION per serving:** 34 Calories; 3g Fat; trace Protein; 1g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 85mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates. **Points:** 1

### Mediterranean Salad Dressing
Makes about 2 cups

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
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</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup lemon juice</td>
<td>1 tablespoon dried oregano</td>
</tr>
<tr>
<td>1 teaspoon sea salt</td>
<td>3 cloves garlic, pressed</td>
</tr>
<tr>
<td>1 tablespoon dried basil</td>
<td>1 teaspoon freshly ground black pepper</td>
</tr>
<tr>
<td>1 cup olive oil</td>
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</tbody>
</table>

**DIRECTIONS:**
Combine lemon juice, salt, basil, oregano, garlic and pepper in a blender. Blend until smooth. Slowly add olive oil while blending; blend until smooth. Transfer to an airtight container and keep refrigerated.

**NUTRITION per serving:** 56 Calories; 6g Fat; trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 52mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1 Fat. **Points:** 2
**DO-AHEAD TIP:** Cook chicken (or use leftovers).

### Chicken Waldorf Salad
**Serves 4**

**INGREDIENTS:**
- 1 Granny Smith apple, cored and diced
- 2 tablespoons lemon juice
- 2 cups chopped and cooked boneless skinless chicken breast
- 1 cup seedless red grapes, halved
- 2 medium stalks celery, diced

<table>
<thead>
<tr>
<th>1/2 cup chopped walnuts</th>
<th>3/4 cup plain Greek yogurt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup low fat mayonnaise</td>
<td>1/4 cup orange juice</td>
</tr>
<tr>
<td>1/4 teaspoon sea salt</td>
<td>1/2 teaspoon freshly ground black pepper</td>
</tr>
<tr>
<td>8 ounces chopped Romaine lettuce</td>
<td></td>
</tr>
</tbody>
</table>

**DIRECTIONS:**
In a large bowl, toss apple with lemon juice. Gently stir in chicken, grapes, celery and walnuts.

In a small bowl, whisk together yogurt, mayonnaise, orange juice, salt and pepper. Gently fold into chicken mixture. Serve over lettuce.

**NUTRITION per serving:** 354 Calories; 16g Fat; 34g Protein; 20g Carbohydrate; 3g Dietary Fiber; 79mg Cholesterol; 310mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 9

### Tuna and White Bean Salad
**Serves 4**

**INGREDIENTS:**
- 1 (15-oz.) can cannellini beans, drained and rinsed
- 2 (7-oz.) cans tuna in water, drained
- 1 pint grape tomatoes, halved
- 1 medium green bell pepper, diced
- 1 clove garlic, pressed

<table>
<thead>
<tr>
<th>4 green onions, thinly sliced</th>
<th>1 tablespoons olive oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon lemon juice</td>
<td>1/4 teaspoon sea salt</td>
</tr>
<tr>
<td>1/2 teaspoon freshly ground black pepper</td>
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</tbody>
</table>

**DIRECTIONS:**
Combine all ingredients in a large bowl, tossing to mix well.

**NUTRITION per serving:** 324 Calories; 5g Fat; 37g Protein; 34g Carbohydrate; 11g Dietary Fiber; 30mg Cholesterol; 469mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 7
DO-AHEAD TIP: Cook chicken (or use leftovers).

## Basil-Chicken Couscous Salad

**Serves 2**

**INGREDIENTS:**
- 1 1/4 cups water
- 2/3 cup uncooked couscous
- 2 cups chopped and cooked boneless skinless chicken breast meat
- 1/4 cup chopped fresh basil leaves
- 1 clove garlic, pressed
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 8 ounces mixed baby greens
- 1/4 cup crumbled Feta cheese

**DIRECTIONS:**
In a medium saucepan, bring water to a boil. Add couscous, cover and let stand 5 minutes.

Meanwhile, in a large bowl, toss together chicken, basil, garlic, olive oil and lemon juice. Add couscous, baby greens and feta, tossing gently to combine.

**NUTRITION per serving:**
- 316 Calories
- 7g Fat
- 34g Protein
- 28g Carbohydrate
- 4g Dietary Fiber
- 777mg Cholesterol
- 203mg Sodium

**Exchanges:**
- 1 1/2 Grain(Starch)
- 4 Lean Meat
- 1/2 Vegetable
- 0 Fruit
- 1 Fat

**Points:** 8

DO-AHEAD TIP: Cook pasta.

## Salmon and Spiral Pasta Salad

**Serves 4**

**INGREDIENTS:**
- 8 ounces Rotini pasta, cooked according to package directions and drained
- 2 cups broccoli florets
- 2 medium carrots, peeled and diced
- 1 (10-oz.) can salmon, drained
- 1 1/4 cups Italian salad dressing

**DIRECTIONS:**
Blanch broccoli and carrots.

In a large bowl, toss together blanched vegetables, cooked pasta, salmon and Italian salad dressing.

**NUTRITION per serving:**
- 678 Calories
- 41g Fat
- 23g Protein
- 55g Carbohydrate
- 4g Dietary Fiber
- 77mg Cholesterol
- 997mg Sodium

**Exchanges:**
- 3 Grain(Starch)
- 1 1/2 Lean Meat
- 1 Vegetable
- 1/2 Fruit
- 7 Fat

**Points:** 18
**DO-AHEAD TIP:** Prepare Raspberry-Basil Vinaigrette (Salad Dressing Recipe 2).

### Strawberry Fields Salmon Salad

**Serves 4**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th>DIRECTIONS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 salmon fillets</td>
<td>Coat salmon fillets with 2 tablespoons Raspberry-Basil Vinaigrette, honey and melted butter. Place salmon in a large skillet over medium-high heat. Cover and cook 4 minutes per side, or until desired doneness is achieved.</td>
</tr>
<tr>
<td>1/4 cup Raspberry-Basil Vinaigrette, divided</td>
<td>Divide baby greens among 4 plates and top each plate with a salmon fillet.</td>
</tr>
<tr>
<td>2 tablespoons honey</td>
<td>Add strawberries and walnuts to pan and heat for 1 minute. Top each plate with strawberries and walnuts, then drizzle with remaining Raspberry-Basil Vinaigrette.</td>
</tr>
<tr>
<td>2 tablespoons unsalted butter, melted</td>
<td></td>
</tr>
<tr>
<td>8 ounces mixed baby greens</td>
<td></td>
</tr>
<tr>
<td>1 cup sliced strawberries</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped walnuts</td>
<td></td>
</tr>
</tbody>
</table>

**NUTRITION per serving:** 459 Calories; 26g Fat; 37g Protein; 19g Carbohydrate; 3g Dietary Fiber; 104mg Cholesterol; 142mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat; 1 Other Carbohydrates. **Points:** 12

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**DO-AHEAD TIP:** Cook, drain and chop bacon.

### Avocado BLT Salad

**Serves 4**

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th>DIRECTIONS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 pound bacon, cooked, drained and chopped</td>
<td>In a large bowl, gently toss together bacon, tomatoes, Ranch salad dressing and lettuce. Top with avocado slices and serve.</td>
</tr>
<tr>
<td>4 plum (Roma) tomatoes, diced</td>
<td></td>
</tr>
<tr>
<td>1/4 cup low fat Ranch salad dressing</td>
<td></td>
</tr>
<tr>
<td>8 ounces chopped romaine lettuce</td>
<td></td>
</tr>
<tr>
<td>1 large ripe avocado, peeled, pitted and sliced</td>
<td></td>
</tr>
</tbody>
</table>

**NUTRITION per serving:** 468 Calories; 39g Fat; 20g Protein; 10g Carbohydrate; 3g Dietary Fiber; 51mg Cholesterol; 1066mg Sodium. **Exchanges:** 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 5 1/2 Fat. **Points:** 13
**DO-AHEAD TIP:** Cook chicken (or use leftovers) and prepare Mediterranean Salad Dressing (Salad Dressing Recipe 5).

### Mediterranean Chicken and Quinoa Salad
**Serves 4**

| INGREDIENTS: |  |
|--------------|  |
| 1 cup low sodium chicken broth | 1 small red onion, diced |
| 1/2 cup uncooked quinoa | 1/4 cup chopped Kalamata olives |
| 2 cups chopped and cooked boneless skinless chicken breast meat | 1/4 cup crumbled Feta cheese |
|  | 1/4 cup Mediterranean Salad Dressing |

| DIRECTIONS: |  |
|--------------|  |
| In a medium saucepan, bring chicken broth to a boil. Add quinoa and reduce heat to medium-low. Cover and simmer 10 to 15 minutes until quinoa is tender and liquid is absorbed. Transfer to a large bowl. |  |
| Add remaining ingredients to quinoa, gently tossing to coat. Serve warm or refrigerate for 30 minutes and serve cold. |  |

**NUTRITION per serving:** 364 Calories; 15g Fat; 35g Protein; 21g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 611mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat. **Points:** 9

### Buffalo Chicken Salad
**Serves 4**

| INGREDIENTS: |  |
|--------------|  |
| 2 tablespoons unsalted butter | 1/4 cup hot sauce |
| 2 cups chopped boneless skinless chicken breast meat | 8 ounces chopped Romaine lettuce |
| 1/2 teaspoon sea salt | 2 medium stalks celery, diced |
| 1 teaspoon freshly ground black pepper | 1/2 cup low fat Ranch salad dressing |
|  | 1/2 cup crumbled blue cheese |

| DIRECTIONS: |  |
|--------------|  |
| In a medium skillet, heat butter over medium-high heat. Toss chicken with salt and pepper, then add to pan. Sear chicken 2 to 3 minutes. Reduce heat to medium and add hot sauce. Simmer 3 to 4 minutes, then drain. |  |
| In a large bowl, toss together lettuce, celery, Ranch dressing and blue cheese. Top with buffalo chicken and serve. |  |

**NUTRITION per serving:** 330 Calories; 19g Fat; 33g Protein; 6g Carbohydrate; 2g Dietary Fiber; 102mg Cholesterol; 1220mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 2 Fat. **Points:** 8
DO-AHEAD TIP: Hard-boil eggs.

**Steak and Artichoke Salad**

**Serves 4**

**INGREDIENTS:**

| 1 pound beef flank steak, trimmed   | 1/2 teaspoon freshly ground black pepper |
| 1/2 cup olive oil                    | 8 ounces mushrooms, quartered            |
| 2 tablespoons apple cider vinegar   | 1 (14-oz.) can artichoke hearts in water, drained |
| 2 tablespoons low sodium soy sauce  | 2 plum (Roma) tomatoes, diced            |
| 1/2 teaspoon dried basil            | 4 green onions, thinly sliced            |
| 1/2 teaspoon dried oregano          | 8 ounces chopped Romaine lettuce         |
|                                     | 4 hard-boiled eggs, quartered            |

**DIRECTIONS:**

Preheat outdoor grill to medium-high heat. Sear flank steak on greased grill grates about 5 minutes on each side, then reduce heat to medium and grill until desired doneness is achieved. Allow to rest 10 minutes before slicing into thin strips.

Meanwhile, whisk together oil, apple cider vinegar, soy sauce, basil, oregano and pepper.

In a large bowl, toss together grilled steak, mushrooms, artichoke, tomatoes and onion.

Cover a serving platter with lettuce, then top with steak mixture. Drizzle with dressing and garnish with hard-boiled eggs.

**NUTRITION per serving:** 474 Calories; 38g Fat; 79g Protein; 14g Carbohydrate; 2g Dietary Fiber; 142mg Cholesterol; 651mg Sodium. **Exchanges:** 0 Grain(Starch); 10 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 5 1/2 Fat. **Points:** 7

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**Panzanella**

**Serves 4**

**INGREDIENTS:**

| 4 cups cubed French bread            | 1/4 cup torn basil leaves               |
| 1/4 cup chopped English cucumber     | 1 cup sliced pepperoni                  |
| 1 small red onion, thinly sliced     | 1 cup shredded part-skim Mozzarella cheese |
| 1/4 cup chopped Kalamata olives      | 1/2 cup grated Parmesan cheese          |
| 2 large tomatoes, diced              | 8 ounces chopped Romaine lettuce        |
| 1 small green pepper, diced          | 1/2 cup Italian salad dressing          |

**DIRECTIONS:**

In a large bowl, toss together all ingredients until well combined.

**NUTRITION per serving:** 725 Calories; 53g Fat; 29g Protein; 33g Carbohydrate; 5g Dietary Fiber; 70mg Cholesterol; 2203mg Sodium. **Exchanges:** 1 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 8 1/2 Fat. **Points:** 19