

SENSATIONAL SUMMER SALADS



*by Marilyn Moll
The Urban Homemaker*

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About the Author

As a young girl, I vividly and fondly remember walking into my grandmother's Depression-era kitchen greeted by the tantalizing and unforgettable smells of spicy ginger snap cookies, homemade apple-sauce, and assorted other kitchen creations. I remember, too, waking up to the fragrant smell of homemade blueberry muffins baking in the oven to be served hot for breakfast on colorful Fiestaware plates.

Ever since then, I have been a passionate lover of anything old-fashioned and I seek to pass on to others the timeless skills of cooking for family.

I quit a full-time job in 1985 to stay home with my twelve month old daughter. I then learned to mill my own flour, bake my own bread, and began teaching bread baking classes. In 1991, my husband and I started **The Urban Homemaker**. Our primary goals are to teach the old-fashioned skills of baking and cooking with basic whole food ingredients, and offer practical, quality tools and equipment in the spirit of Titus Two. **The Urban Homemaker** offers top-of-the-line products and related books that we use and recommend.

Contact Information

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INTRODUCTION

Summer is simply an unsurpassed opportunity to eat seasonally and enjoy the bounty of locally produced fruits and vegetables. Sensational salads satisfy our desire for crunchy, cool, colorful, delectable, flavorful, and delicious nourishment while offering a change from the hot, cooked, and heavy foods we crave in cooler weather.



I love making salads because it fulfills my innate need to be creative and my motherly responsibility to nourish my family with locally produced foods.

You see, putting together a salad is as quick and easy as you want it to be. Basically, most salads are just a combination of three or more ingredients in different colors, textures, and shapes creatively embellished with salad dressings and garnishes. The dressings and garnishes can be as simple or as complicated as you want, or left out altogether.

This book of salads has been organized to include tossed salads, main dish salads, grain and pasta salads, bean salads, fruit salads, vegetable salads and some quick breads that I think make a good accompaniment. Many of these salads can be adapted to become a main dish so that you can quickly, economically, and easily put together a complete meal with little or no cooking without unnecessarily heating up your kitchen during the long, hot, dog days of summer.

I particularly want to encourage beginning cooks to learn to use a recipe as a foundation or a starting place for preparing a salad. When I was a young mom, I wouldn't make a recipe unless I had every ingredient called for, but over time I have learned to substitute ingredients in recipes. I have assembled these recipes to save you from searching countless cookbooks for a favorite salad recipe.

ADAPTING RECIPES

Eventually, I learned, from older, wiser Titus Two women that if I don't have a particular ingredient, substitute an ingredient I already have or omit the ingredient. Admittedly, most recipes should be prepared at least once exactly according to the recipe, and recipes for breads and rolls don't adapt to the pinch of this or handful of that strategy, but more frequently than not, hungry family members won't even notice if a dish has been prepared exactly according to the recipe.

Since I stepped out into learning to cook out of necessity with whatever is on hand, I have learned that a remarkable recipe can become a fabulous recipe by using my creativity and the available ingredients in my pantry. When this happens, I need to be sure to write down what I did, or I will quickly forget that winning recipe.

I'm not guaranteeing that every recipe adapted to what you have on hand will be a winner, but I am saying you will save yourself and your family significant amounts of time and money by not running to the store for forgotten or missing ingredients.

Resourceful cooking will become a rewarding outlet rather than daily drudgery for you as each effort will build up your confidence. Sometimes your efforts will be "learning experiences," but that's okay. I still have "learning experiences" in the kitchen, too.



10 SENSATIONAL SALAD MAKING SUGGESTIONS:

1. Salads are naturally attractive and simple by definition and should taste as good as they look.
2. Cut ingredients so they are uniform in size - not too small, not too large.
3. Toss salad ingredients lightly, rather than stirring, to protect the ingredients from being mashed.
4. Make sure lettuce is washed, then pat lettuce dry with a soft dish towel or use a salad spinner, and then chill to make crisp.
5. Use a variety of lettuce greens such as leaf lettuce, watercress, endive, arugula, and spinach, keeping an eye for color and texture contrasts.
6. Lettuce can be used as a "bowl" or "cup" for holding salad ingredients. Leaf lettuce, if cut halfway thru stem end, can be lapped one side over the other to form a "cup".
7. Thoroughly drain fruits and vegetables before using or serving.
8. Garnish salads, especially main dish salads with radishes, celery slices, tomato wedges, pickles, and/or stuffed eggs around the outside edge of the salad serving platter or bowl.
9. Score an unpeeled cucumber by drawing a fork down lengthwise; slice thinly.
10. Garnish fruit salads with cherries, nut-coated cream cheese balls, soaked sunflower seeds or green grapes.



TOSSED SALAD BASICS

Basic tossed salad can become a main dish when combined with some protein sources. Below, I have listed a wide variety of basic ingredients to use when making a huge main dish salad. Mix and match ingredients and use or substitute ingredients with what you have on hand, or out of the garden and you will have a completely nutritious meal.

Pick 2 or more ingredients from each category for variety in color, texture, size, and taste. Mixing salty with bland flavors helps balance the overall salad.

Greens:

Romaine lettuce leaves, torn
Red or Green leaf lettuce, torn
Iceberg lettuce, torn
Spinach, torn
arugula, torn
cabbage, grated

Vegetables:

avocado, diced
artichoke hearts, whole or sliced
red cabbage, shredded
kidney, red, black, or garbanzo beans, cooked
carrot, shredded or sliced
celery, sliced diagonally, or diced
summer squash, diced or grated
cauliflower florets, chopped, raw
broccoli florets, chopped, raw
beets, cooked or raw, grated or diced
fresh or frozen petite peas
leftover or frozen corn
sprouts
scallions or green onions, sliced
tomato wedges or cherry tomatoes, halved
radishes, sliced
cucumber, peeled and sliced
sweet pepper strips: red, green, orange, and/or yellow
mushrooms, sliced or whole

Garnishes:

mozzarella or cheddar cheese, cubed or grated
Parmesan Cheese
sunflower seeds (soak in water ahead for best nutrition)
alfalfa or AlfaPlus sprouts
hard cooked eggs, sliced
croutons
raisins
pumpkin seeds
nuts (walnuts, peanuts, pecans, pine nuts, etc.)
raisins, craisins, or other dried fruit

The amounts needed of each ingredient will be based on how many you are serving and what you have on hand. Serve with your favorite salad dressing in a huge salad bowl suitable for serving or dish into individual salad bowls, and pass dressings of choice.



SALAD DRESSINGS

BASIC MAYONNAISE

- 1 whole egg, room temperature**
- 1 tsp. Dijon style mustard**
- 2 tbsp. lemon juice (fresh)**
- salt and pepper to taste**
- 3/4 cup sesame, safflower, or olive oil** (Unless you like the flavor of Extra Virgin Olive Oil, use a milder flavored oil)

Place egg, mustard, salt, pepper, and lemon juice in a blender. Blend until well combined (20-30 seconds). While the blender is running add the oil SLOWLY drop by drop into the mixture so it gets emulsified. (Some blenders or food processors have a device that allows the oil to drop in slowly). Taste and check for seasoning. Add more lemon juice or salt if desired. This mayonnaise will store about 2 weeks in the refrigerator.

To slightly lower the calorie content of the mayonnaise, you can use up to 1/4 cup coconut oil (of the total 3/4 cup oil) which will also make the mayonnaise a bit stiffer after refrigeration.

ASIAN SALAD DRESSING

- 4 tbsp. rice vinegar**
- 2 tbsp. soy sauce (naturally fermented is best)**
- 2 tsp. grated fresh ginger**
- 2 tsp. toasted sesame oil**
- 2 tsp. chopped green onion or chives (optional)**
- 1 clove garlic, mashed**
- 1 tsp. honey**
- 2/3 cup good quality salad oil or blend of oils**

Place the ingredients in a salad dressing carafe or small jar. Shake thoroughly and vigorously. Refrigerate.

Please note, do not refrigerate dressings if using extra virgin olive oil because olive oil will solidify upon refrigeration. Use within 1-2 weeks.

MARILYN'S BASIC FRENCH SALAD DRESSING

This basic dressing is versatile and can be used for just about any salad.

- 2 tsp. Dijon style mustard**
- 4 tbsp. wine or balsamic vinegar or fresh lemon juice**
- 2/3 cup olive oil**
- 1 tsp. salt**
- 1-2 cloves garlic minced**

Combine in a blender or shake thoroughly in a salad dressing carafe. Refrigerate.

Variations:

Herb:

Add 1-2 tsp. finely chopped fresh herb combinations such as thyme, dill, basil, parsley, or oregano. Use 1/2-1 tsp. dried herb.

Onion:

Add 1-2 tsp. finely chopped green onion.

Blue Cheese:

Add 2-4 tbsp. blue cheese, crumbled.

Italian:

Omit the Dijon mustard and add 1-2 tsp. Italian Seasoning Blend (or 1/2-1 tsp. basil and 1/2-1 tsp. oregano) and 2 -3 tbsp. Parmesan cheese.

POPPY SEED DRESSING

- 1/3 cup red onion (optional)**
- 1/3 cup raw honey**
- 2 tbsp. sesame seeds**
- 1 tbsp. poppy seeds**
- 1/4 tsp. paprika**
- 1/2 cup olive oil**
- 1/4 cup fresh lemon juice or apple cider vinegar**

Blend all ingredients in a blender until smooth. Double or triple recipe. Refrigerate.

CUCUMBER DILL DRESSING

2/3 cup raw sunflower seeds
1/2 cup water
1/2 tsp. Spike or Veggie-Sal or salt
2 tbsp. fresh lemon juice or vinegar
1/4 tsp. garlic powder or 1 clove fresh
1/2 tsp. onion powder
2 tsp. dill weed
1 medium cucumber

Mix all ingredients together in a blender until smooth. Refrigerate .

RANCH DRESSING

Mix in blender the following ingredients until smooth:

3/4 cup mayonnaise
3/4 cup sour cream or cultured buttermilk
1 tsp. garlic powder
1 tsp. dill weed
1 tsp. onion granules or 1 tbsp. chopped onion
1 tbsp. parsley
1 tsp. onion powder
1/2 tsp. salt
1/4 tsp. pepper

Thin with buttermilk or milk to desired consistency. Authentic Ranch dressing has buttermilk in it, but if you use 1-2 tbsp. buttermilk powder you can get the same effect. Use sour cream instead of buttermilk for making this into a dip. Refrigerate.

THOUSAND ISLAND DRESSING

3/4 cup mayonnaise
2 tbsp. ketchup
1 tbsp. sweet pickle relish
1 tbsp. fresh parsley, chopped or 1 tsp. dried
1 tsp. onion granules or 1 tbsp. onion, minced
1/2 tsp. sugar
1/4 tsp. Worcestershire sauce
1 tbsp. lemon juice
salt and pepper to taste

Combine the ingredients in a salad dressing carafe or small mixing bowl. Mix well. Refrigerate.

MAIN DISH SALADS

BASIC CHICKEN SALAD w/VARIATIONS

4-6 servings

- 3 cups cooked or canned chicken, cubed**
OR cook boneless breasts in pressure cooker, cool, and cube
- 1/2 cup mayonnaise**
- 1/2 cup plain yogurt or sour cream**
- 1/2 cup celery, sliced**
- 1/2 cup onion, chopped**
- 3 tbsp. parsley, chopped**
- salt and pepper to taste**

Toss chicken with mayonnaise, yogurt, celery, onion, parsley, and salt and pepper until all ingredients are blended well. Serve over torn lettuce or cut up tomatoes.

Company Chicken Salad

To the basic chicken salad recipe add:

- 1-2 tsp. curry powder**
- 1/2 cup ripe olives, chopped or sliced**
- toasted pecan halves or pine nuts.**

California Chicken Salad

To the basic Chicken Salad recipe add:

- 1 tsp. fresh chopped tarragon (1/4 tsp. dried)**
- 1/4 cup slivered almonds**

Garnish with:

- 1 avocado, peeled and thinly sliced or diced**
- alfalfa sprouts**

Southwestern Chicken Salad

To the Basic Chicken Salad add:

- 1/2 cup diced green pepper**
- 1/2 - 1 tsp. chili powder to taste**

Hawaiian Chicken Salad

To the Basic Chicken Salad add:

- 1/4 to 1/2 cup diced pineapple or crushed pineapple, drained**

Oriental Chicken Salad

To the Basic Chicken Salad add:

- 1 small can of mandarin oranges, drained**
- 1/2 cup bean sprouts**
- 1-3 tsp. soy sauce**
- 3-4 water chestnuts, sliced**
- Garnish with Chow Mein noodles**



ROAST BEEF SALAD

This recipe is great for using leftover roast and potatoes.

- 3 cups roast beef, cubed**
- 1 cup celery, diced**
- 1/2 cup onion, diced (red onion is pretty)**
- 1/4 cup parsley, chopped**
- 1 cup potato, cubed**
- 1 tbsp. horseradish**
- 1/2 cup mayonnaise**
- 1/2 cup plain yogurt or sour cream**
- salt and pepper to taste**



Combine the above ingredients in a small mixing bowl. Adjust seasonings to taste. Serve over mixed greens or a large garden tomato cut in wedges but not all the way through. Flair out the tomato to be like a small bowl and fill with the salad.

Serves 4-6

SALMON SALAD

A basic salad that can be used as a main dish. Use what you have.

- 1 - 1 lb. can of salmon, drained and broken into large pieces very gently**
- 2 cups cooked shell or elbow macaroni (about 1 cup dry)**
- 1 tbsp. fresh dill, chopped**
- 1 tsp. chives, chopped**
- 1 tbsp. fresh lemon juice**
- 1/2 cup mayonnaise**
- 1/2 cup plain yogurt or sour cream**
- salt and pepper to taste**

Gently mix the ingredients together in a medium mixing bowl. Season to taste with salt and pepper. Garnish with chopped carrot and dill sprigs as desired.

MEXICAN TACO GARDEN SALAD

This variation on taco salad can be prepared very quickly and is beautiful when presented in a clear glass bowl.

- 1 lb. ground beef, browned and drained**
- 1 - 16 oz. jar chunky salsa, divided**
- 1/4 cup water**
- 1 taco seasoning mix packet**
- 1 1/2 heads lettuce, torn (mixture of romaine and iceberg is nice)**
- 3 cups small broccoli florets (about 1/2 pound) (optional)**
- 1 small red onion, thinly sliced into rings**
- 1 medium carrot, shredded (optional)**
- 1 large tomato, chopped**
- 1 - 4 oz. can chopped green chilies, drained**
- 1/2 - 1 cup shredded cheddar cheese**
- 1 cup (8 oz.) sour cream**
- Tortilla Chips (optional)**



Add salsa, water and seasonings to ground beef and simmer for 20 minutes; cool. In a 3-4 quart glass salad bowl (if possible) layer the vegetables in order given: lettuce, broccoli, onion, carrot, tomato, green chilies, beef mixture and cheese. Combine sour cream and remaining salsa; serve the salad with tortilla chips if desired.

Quick Guacamole:

- 2 ripe avocados**
- 1/8 tsp. salt**
- 1-2 tbsp. salsa (optional)**
- 1/4 tsp. garlic powder**
- 1-2 tbsp. lemon juice**

Peel and mash avocados. Add seasonings and adjust to taste.

CHINESE CHICKEN SALAD

This recipe is courtesy of my friend Sandy Tuin.

- spinach/lettuce combination**
- thinly sliced grilled chicken breasts (enough for your family)**
- 4 green onions chopped**
- 2 tbsp. sesame seeds**
- 2 tbsp. sunflower seeds**
- 1 can mandarin oranges, large or small depending on preference, drained, reserve juice**
- dried chinese noodles**

Arrange lettuce/spinach combination on a dinner plate. Top with chinese noodles, onions, chicken slices, sesame seeds, sunflower seeds and mandarin oranges.

Drizzle the following dressing on top,(or use the Asian Dressing pg. 8), and enjoy!

- 4 tbsp. sugar**
- 1 tsp. salt**
- 1 tsp. soy sauce**
- 1/2 cup olive oil**
- 6 tbsp. white vinegar**
- 1 tbsp. mandarin orange juice**

MILE HIGHS

These are really simple - a basic pile-it-on-your-plate recipe in the following order! This recipe is courtesy of Sandy Tuin.

- Fritos Corn Chips**
- chili**
- Cheddar cheese,, shredded**
- lettuce, tomato, olives, onion and salsa (use what you have)**
- sour cream**

TACO SUNDAES

- 1 lb. ground beef**
- 1 pkg. taco seasoning mix, prepared according to package directions**

OR

- 2 - 8 oz cans tomato sauce**
- 1/4 tsp. chili powder**
- 1 tsp. garlic powder**
- 1/4 tsp. ground cumin**
- 1/4 tsp. oregano**
- salt to taste**

Simmer the ground meat with the seasonings for 15-20 minutes. Serve warmed in a serving dish with condiments.

Condiments:

Assemble in small serving bowls (I use custard cups for the small condiments)

- 1-2 cups grated cheddar cheese or Mexican blend cheese**
- 2-4 cups torn salad greens including iceberg for crunch**
- 1 cup cut up tomato or cherry tomatoes, halved**
- 1 small can sliced black olives, drained**
- 1 small onion, chopped or green onions, sliced**
- 1 cup salsa**
- sour cream (can be blended with plain yogurt)**
- large bowl of corn tortilla chips**
- 1 can refried beans, heated, (opt)**

We set the table with plates at each place. We build our own taco sundaes starting with chips, taco meat, lettuce, cheese, onions, tomatoes, etc., mixing and matching ingredients as desired according to our tastes.

7 LAYERED SALAD

- 6-8 cups lettuce, torn (combination of Romaine, iceberg or other)**
- 1/2 cup red onion, chopped or 3 green onions, sliced**
- 1-2 cups celery, sliced**
- 6 - 8 radishes, sliced (optional)**
- 2 cups fresh or frozen baby peas (rinse frozen peas to defrost and drain)**
- 1/2 cup mayonnaise**
- 1/2 cup sour cream or plain yogurt**

In the bottom of a large (clear glass if possible) salad bowl, layer the greens, and then layer in the following order the onion, celery, radishes, and baby peas. Mix the yogurt or sour cream with the mayonnaise and spread on the top of the salad and seal to the edge of the bowl. Chill for several hours or overnight if desired.

When ready to serve, garnish the dressing layer with:

- 1 1/2 cup shredded cheddar cheese**
- paprika for color**

Place around the edge of the bowl, any of the following, if desired:

- 2 tomatoes, wedged or 12 cherry tomatoes, halved**
- 2 hard cooked eggs, sliced**
- minced fresh or dried parsley**
- sliced or whole ripe olives**

EGG SALAD

Hard cooked eggs are very economical and can be used to make a summertime main dish salad. Use as many of the following ingredients as you have on hand that your family enjoys.

- 8-12 hard cooked eggs, diced**
- 1/2-1 cup celery, chopped**
- 1/2 cup onion, diced (red, green, or yellow onion)**
- 1/2 cup mayonnaise**
- 1/4 cup plain yogurt or sour cream**
- 10-15 ripe olives with pimento, sliced (optional)**
- 1/2 cup pine nuts (optional)**
- 1/2 tsp. dry mustard or 2 tsp prepared mustard**
- 1/2 tsp. curry powder (optional)**
- 1 tsp. fresh dill weed, chopped**
- 2 tbsp. fresh parsley, chopped or 1 tbsp. dried parsley**
- paprika (optional)**
- salt and pepper to taste**

Mix all of the above ingredients (except paprika) together and serve on a bed of lettuce or make sandwiches. Garnish with paprika, if desired.

Hard-Cooked Eggs:

Place eggs in cold water; bring slowly to boil. Reduce heat and cook **slowly** (low simmer is best) for 15 to 20 minutes depending on altitude (longer at higher altitude).

Plunge eggs into cold water, by running cold water into the pan to quickly cool the eggs and to prevent a dark ring forming around the yolks. Older eggs are easier to peel than fresh eggs.

GRAIN & PASTA SALADS

Basic Grain for Salad or Pilaf

This is similar to pasta salad, but possibly a bit healthier and more eco - nomical to prepare.

Get creative and enjoy a wide variety of whole grains in a salad! 2-3 servings - double or triple as needed

- 1 cup onion, chopped**
- 2 cloves minced garlic**
- 2 tbsp. olive oil, coconut oil or butter**
- 2 cups water or broth (chicken or veggie broth)**
- 1 cup grain of choice (see on pg. 21)**
- 1 tsp. salt**
- Italian Dressing**

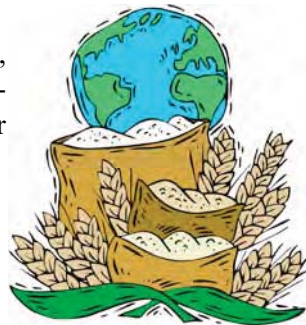
Saute onion and garlic in oil or butter for a few minutes. Add the water or broth, and bring mixture to a boil. Add the grain and the salt.

Duromatic Method:

Bring heat up to 1st red ring, lower heat, and pressure cook for 10 minutes (22 minutes for brown rice and whole grain wheat kernels). Remove from heat and let pressure drop naturally.

Conventional Method:

Bring mixture back to boil, lower heat, cover tightly with lid, time for 15-20 minutes. Remove from heat, allow to steam for five minutes and fluff up.



To Make a Basic Grain Salad:

Combine grain with as many of the following ingredients you have and that the family will enjoy.

- 2 cups cooked grain (warm or chilled)**
- cheese, chicken, beef or fish, cubed**
- chopped celery**
- herbs such as basil, rosemary, dill or thyme (Use 1/2 tsp. and increase to taste)**
- chopped fresh tomato**
- leftover cooked or raw chopped veggies such as carrots, broccoli or cauliflower**
- sesame or sunflower seeds**
- salt and pepper to taste, if desired**

Dressing:

If served cold as a salad, dress with basic French Dressing (pg. 9), Ranch Dressing (pg. 10), or salad dressing of choice. **Arrange salad over a bed of greens in a big bowl or on individual salad plates.**

Basic Grains: - Choose from:

- spelt**
- brown rice**
- wild rice mixed with brown rice**
- millet (Use an extra half cup water or broth for cooking)**
- quinoa (rinse in cold water thoroughly before cooking)**
- barley**
- 7 grain**
- wheat (soak overnight if possible)**
- KAMUT®**

QUINOA and BLACK BEAN SALAD

This salad is both colorful and delicious with high fiber and high nutrient quinoa and black beans. Serves 4 - 6, double or triple as needed.

- 1/2 cup Quinoa rinsed in cold water (substitute brown rice or grain of choice)**
- 1 cup chicken broth**
- 1/4 tsp. salt**
- 1/2 tsp. cumin**
- 2 tbsp. lime juice**
- 1 cup cooked or canned black beans, drained**
- 1 cup whole kernel corn, fresh, or rinse frozen corn to thaw quickly**
- 1 cup tomato, seeded, diced**
- 1/2 cup red pepper, diced**
- 2 green onions, finely chopped (or 1/4 cup regular onion)**
- 3 tbsp. cilantro, chopped**
- 2 tbsp. parsley, chopped**
- 4 cups mixed salad greens**

In a small saucepan, heat 1 tbsp. olive oil over medium heat. Add Quinoa and stir until it is toasted and aromatic, about 5 minutes. Stir in the broth, cumin, salt and heat to a boil until liquid is absorbed about 15 minutes. Remove the Quinoa from the heat and let it stand five minutes. Fluff with a fork and set aside to cool.

In a medium bowl, whisk 4 tbsp. oil, lime juice and pepper. Stir in black beans, corn, tomato, red pepper, green onion, cilantro, parsley, and mix with cooled Quinoa.

Arrange the salad greens on four salad plates. Spoon Quinoa-vegetable mixture onto the greens.

Note: If you cook up lots of Quinoa in 1 or 2 cup portions ahead, the grain can be frozen. Then, remove a package of frozen Quinoa from the freezer in the morning and allow it to thaw on your counter. Instead of toasting the Quinoa, add 2 tsp. unrefined sesame oil (used in Asian cooking) to the Quinoa for a very yummy, nutty flavor and proceed with recipe instructions.

TABOULI

Tabouli has other spellings but it is a traditional Middle Eastern salad. Mint and olive oil make this dish "authentic." Serves 4-6

- 1 cup cracked wheat or bulgur wheat or use couscous**
- 2 1/2 cups boiling hot water**
- 1/3 cup olive oil**
- 4 tbsp. lemon juice (juice of at least one lemon)**
- 5 green onions, chopped**
- 2 cloves garlic, minced**
- 1/2 cup fresh parsley, chopped**
- 1/4 cup mint leaves, chopped or 1 tsp. dried (optional)**
- 1-2 large tomatoes, chopped**
- OR 8 cherry tomatoes, halved**
- 3 stalks celery, chopped**
- 1 cucumber, seeded, chopped**
- salt and pepper**
- red onion slices for garnish (optional)**

Pour boiling water over the cracked wheat and allow to sit for 1-2 hours or until water is absorbed. Drain any excess water. Toss together the wheat with olive oil and lemon juice, parsley, mint, tomato, cucumber and celery. Use salt and pepper to taste. Refrigerate this mixture at least one hour but overnight is better for blending flavors. Serve this salad on a platter of lettuce. Garnish with red onion slices and chopped parsley, if desired.

Serving Suggestion: Some people like to serve this with Hummus (see p. 27 for Hummus recipe). Baked or steamed fish would also be a nice accompaniment.

TORTELLINI SALAD WITH PESTO

Add diced cheese or chopped leftover chicken or turkey for a complete meal. This salad goes together in minutes, if tortellini is prepared ahead of time and is a “use what you have” type recipe.

- 3-4 cups Tortellini, cooked and chilled**
- 1/2 cup chopped red onion**
- 1/2 cup Pesto, or to taste**
- 1 cup chopped red or green pepper, (optional)**
- 2-4 tbsp. Marilyn’s French Dressing (optional) (pg. 9)**
- 4-6 cups torn salad greens such as romaine or red leaf lettuce**
- Add salt and pepper to taste**

Combine ingredients in a mixing bowl. Stir to blend all ingredients.

Taste, and adjust salt and pepper to taste.

BASIC MACARONI SALAD

Kids love this basic salad. My youngest daughter used to call it macaroni and salad. 12 Servings

- 1 lb. or 3 cups elbow macaroni**
- 2 medium red peppers, diced (roasted first if desired)**
- 1 1/2 cups best quality mayonnaise**
- 1 medium orange bell pepper, seeded and diced (optional)**
- 1-2 cups cucumbers, peeled, seeded, and diced**
- 1/3 cup snipped chives**
- 1/4 cup parsley, chopped (optional)**
- 1/4 cup lemon juice**
- salt and pepper to taste**

Cook macaroni in salted water until al dente (just under cooked, slightly). Drain in a colander, cool under cold running water and drain. In large mixing bowl, combine all ingredients. Toss to combine. Adjust salt and pepper to taste.

FIESTA PEA SALAD

Makes 6 cups

- 1 cup green split peas, rinsed and drained OR frozen peas**
- 2 cups filtered water**
- 1/4 cup white wine vinegar, or vinegar of choice**
- 1 clove garlic, minced**
- 1 tbsp. Dijon mustard**
- 1/3 cup olive oil**
- 1/4 tsp. crushed red pepper flakes**
- 2 cups cooked rotini or pasta of choice**
- 1 cup red pepper, diced**
- 1 cup red onion, diced**
- 2 small tomatoes, wedged**

Cook up green split peas according to package directions, or pressure cook at first red ring in a Duromatic pressure cooker for 15 minutes. (Adjust time for altitude if need be.) Or, cook frozen peas according to package directions.

While peas are cooking, combine vinegar, garlic, mustard, pepper flakes, salt and pepper with olive oil in small salad dressing carafe or jar. When the cooked peas are cooled, mix together the peas, pasta, red pepper, and onion. Gently stir in dressing. Chill for an hour or more if possible. When ready to serve, adjust seasonings, and garnish with tomato wedges.

Note: This salad could be turned into a main dish by adding cheese cubes, and/or coarsely chopped hard cooked eggs, and a little extra mayonnaise for dressing.

BEAN SALADS

4 BEAN SALAD

- 3/4 cup sugar
- 3/4 cup vinegar
- 1/2 cup oil
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 can cut green beans
- 1 can cut yellow beans
- 1 can kidney beans
- 1 can garbanzo beans
- 1 cup celery, sliced
- 1 cup onion, sliced
- 1 large green pepper, diced



Mix sugar, vinegar, oil, salt and pepper. Drain cans of vegetables. Mix all vegetables with vinegar oil mixture. Allow to marinate for several hours or overnight.

GREEN BEAN SALAD

- 4 cups cut up green beans, cooked, drained and chilled
- 1/2 large red onion, sliced
- 10-12 cherry tomatoes, halved
- 1/2 - 1 cup Feta cheese (optional)

Mix these ingredients together with Marilyn's Basic French Dressing (pg. 9). Add 1/2 tsp. oregano, and extra black pepper for a Greek Flair.

SOUTHWESTERN BEAN SALAD

- 1 can kidney beans, rinsed and drained
- 1 can black beans, rinsed and drained
- 2 celery ribs, sliced
- 1 medium red onion, diced
- 1 medium tomato, diced
- 1 cup corn, fresh or frozen, thawed

Dressing:

- 3/4 cup thick and chunky salsa
- 1/4 cup vegetable oil
- 1/4 cup lime juice
- 1 1/2 tsp. chili powder
- 1 tsp. salt (optional)
- 1/2 tsp. ground cumin

In a large mixing bowl, combine the beans, celery, onion, tomato, and corn. Prepare the dressing in a small bowl or jar. Mix well. Pour the dressing over the bean mixture and toss to coat. Cover and chill for at least 2 hours.

HUMMUS

Hummus is VERY inexpensive to make and is a great dip for raw veggies or to serve with Tabouli, pg. 23.

- 2 cloves minced garlic (roasted for best flavor)
- 3-4 tbsp. lemon juice, or to taste
- 1/4 cup drained bean liquid to make it creamy (optional)
- 14 oz. canned chickpeas (garbanzo beans)—rinsed and drained
- 1/2 tsp. cumin or more to taste
- 2 tbsp. olive oil
- 1/2 - 1 tsp. salt

Place all ingredients in a food processor or blender and process until smooth scraping the sides occasionally. Adjust seasonings to taste. Refrigerate. Serve with a variety of vegetables, pita chips, or crackers.

PINTO BEAN SALAD

The reds, greens, and yellows in this spicy salad make a colorful and attractive potluck salad.

4 cups cooked, drained, and rinsed Pinto Beans
2 medium red bell peppers, roasted and chopped
4 medium celery ribs, chopped
2 cups fresh or thawed corn kernels
4 green onions, finely sliced or chopped
salt and freshly ground black pepper, to taste
4 ounces Feta cheese, crumbled
paprika (optional)

Dressing:

1/4 cup lime juice
1 jalapeno pepper, seeded and minced
1 garlic clove, peeled
2 tsp. sugar
1/2 tsp. salt
1/4 tsp. black pepper
1 cup olive oil



Place all the dressing ingredients EXCEPT oil into a blender. Turn on the blender, while the blender is running, gradually add a thin stream of the olive oil until the dressing thickens.

In a large mixing bowl, mix together the beans, roasted red peppers, celery, corn, and green onions. Using about 3/4 cup of the dressing, dress the salad. Adjust seasonings. Chill salad for 2 or more hours. Stir up the salad, add additional dressing if desired, and garnish the salad with crumbled feta cheese and paprika as desired.

Note: Substitute black beans or other bean or grain of choice. This basic recipe is easy to vary by “using up what you have.”

FRUIT SALADS

FRUIT SALAD WITH CREAMY YOGURT DRESSING

This easy recipe is perfect when pears and apples come into season in the Fall. Don't worry if you don't have all the fruits, just use what you have available.

- 3 bananas**
- 2 fresh apples peeled/chunked**
- 2 fresh pears, cored and chunked**
- 1/2 cup seedless golden raisins, opt**
- 1/2 cup broken pecan pieces, opt**

Dressing:

Mix together:

- 1/2 cup yogurt**
- 2 tbsp. honey**
- 1/2 tsp. cinnamon**
- dash salt**

Add fruit, raisins, and pecans to dressing mixture. Chill thoroughly before serving. For more color - leave skins on apples and pears.

I CUP SALAD

- 1 cup mandarin oranges, drained**
- 1 cup red maraschino cherries, drained**
- 1 cup pineapple, crushed, drained**
- 1 cup small marshmallows**
- 1 cup coconut**
- 1 cup sour cream**

Mix all ingredients together, stirring well. Ready to serve.

STRAWBERRY SPINACH SALAD

*This recipe has been adapted from **SIMPLY IN SEASON**, recipes that celebrate fresh, local foods in the spirit of **More-with-Less** and has infinite variations, only limited to your imagination. Strawberries and spinach are the only two requirements. Use whatever other ingredients you like and have on hand. With chopped chicken or turkey this can make a complete main dish.*

- 4 or more cups spinach or other mixed greens**
- 1 cup strawberries (sliced)**
- 2 green onions, sliced**
- 1 small red onion (cut into thin rings)**
- 1 or more garlic clove(s), minced**
- 2 tbsp. sunflower seeds (raw or toasted)**
- 1/2 cup bacon pieces, crumbled**
- 1/2 cup chopped walnuts or slivered almonds (toasted)**
- 1/2 cup grated cheese (use Parmesan, Mozzarella, Colby, or Feta Cheese, crumbled)**
- sliced cucumbers (optional)**
- avocado slices (optional)**
- 1 cup cooked chopped chicken or turkey**

Assemble these ingredients as desired, attractively, mix and match ingredients. Add dressing below.

Balsamic Dressing:

- 1/4 cup honey**
- 2 tbsp. sesame seeds**
- 1 tbsp. poppy seeds**
- 1/4 cup balsamic vinegar (wine vinegar is fine)**
- 1/4 cup olive oil**
- dash of Worcestershire sauce**
- salt and pepper to taste**

Combine ingredients in a jar with tight fitting lid and shake well.

SEASONAL FRUIT SALAD COMBINATION

Combine sliced, diced, or halved seasonal fruits with or without melon balls into a salad bowl.

Allow 1/2-1 cup fruit per serving. Using fresh fruit in season, choose three or more fruits from the following list:

sweet cherries, seeded
strawberries
blueberries
blackberries
cantaloupe balls or dices
pineapple, chunks
red or green grapes, halved
water melon balls or dices
peaches, sliced
nectarines, sliced
pears, sliced
apples, diced
banana, sliced
nuts, chopped
orange sections
grapefruit sections



Toss selected cut-up fruits in a mixing bowl with whipped cream, sour cream, or vanilla yogurt, if desired, or just a bit of sugar if needed. The color contrasts of the fruit makes this a salad with infinite combinations, limited only to your imagination. Since most fruit is naturally sweet, I rarely add any dressing to fruit combinations, and there is rarely any left-over.

Note: Apples and bananas will need to be pre-treated with a tiny bit of lemon juice to prevent browning unless they are served immediately, or combined with citrus fruits.

VEGGIE SALADS

CORN “CONFETTI” SALAD

This colorful salad uses canned, frozen, or leftover corn-on-the-cob. Use whatever veggies you have, don't worry if you don't have everything on hand.

- 2 cups corn (thawed/cooked)**
- 1/3 cup diced green pepper**
- 1/3 cup diced red pepper**
- 1/3 cup diced celery**
- 1/3 cup diced red onion**
- 1/2 cup cilantro, chopped (I measure the cilantro before chopping)**
- 1/2 tsp. cumin**
- 1/2 cup Ranch Dressing (pg. 10)**



Mix together and chill. Perfect for picnics and potlucks.

CARROT SALAD

- 3 cups grated carrots**
- 1 stalk celery, diced or sliced on diagonal**
- 1 8 oz. can crushed pineapple, unsweetened, drained salt & pepper to taste**

Dressing:

- 1/4 cup mayonnaise**
- 1/4 cup sour cream or plain yogurt**
- 2 tsp. sugar or honey**
- 2 tsp. lemon juice**

Combine veggies in medium mixing bowl. Whisk together dressing ingredients in a measuring cup, pour over veggies and stir until well mixed.

MARILYN’S BASIC COLESLAW

There are many variations for coleslaw. It is high in nutrition and very economical to prepare.

- 3 cups grated cabbage**
- 1-2 medium carrots, grated (1/12 - 1 cup)**
- 1/4 tsp. celery seed**
- 1/2 cup mayonnaise, or to taste, OR Ranch Dressing (pg. 10)**
- PLUS:**
- 1 tbsp. vinegar (optional)**
- 1 tsp. sugar or honey (optional)**

Combine the above ingredients with enough mayonnaise or Ranch Dressing to make a nicely blended salad.

Variations:

Use one or more of the following ingredients for variety:

- 1 apple, diced**
- 2 tbsp. onion, diced**
- 4 tbsp. green pepper, diced**
- 2 tbsp. slivered almonds or sunflower seeds**

SPROUT SALAD

I have used this salad when lettuce was cost prohibitive, especially in the winter.

- alfalfa or AlfaPlus sprouts (1/2 cup per person)**
- bean sprouts, (optional)**
- tomato wedges, or cherry tomatoes, halved**
- sliced green onion**
- sunflower seeds**
- mushroom slices (optional)**
- hard cooked eggs, sliced or chopped**

Combine the above ingredients together and toss with Marilyn’s Basic French Dressing (pg. 9) or dressing of choice. Serve over a bed of salad greens, if desired.

VEGETABLE PLATTER

Cut up a variety of crunchy vegetables, keeping a contrast of color in mind. Line the platter or plates with deep green leaf lettuce or romaine. Serve with a favorite dip, hummus or Ranch Dressing.

mini carrots
cauliflower
broccoli
radish
green onions
cucumber
olives

celery sticks
jicama
cherry tomato
red pepper slices
kohlrabi
avocado
green pepper slices

Easy Dill Dip:

This dip works well with all veggies and is made in a minute.

1 cup sour cream
1-2 tsp. dried dill weed (1-2 tbsp. fresh)
1 tsp. dried parsley (1 tbsp. fresh)
1/8 tsp. salt or to taste
1 tbsp. dried onion powder or dry minced onion

Mix together. Chill to blend flavors. Double, triple, quadruple as needed. Figure about 1-2 tbsp. dip per guest. This recipe makes approximately 16 tablespoons.



ADDICTING SALAD

Salad Dressing:

1 cup mayonnaise
1/4 cup shredded Parmesan cheese
2 tbsp. sugar

Salad:

1 (10 oz) pkg. lettuce salad mix (3-4 cups)
1/2 cup shredded Parmesan cheese
1/2 cup grated carrots
1/2 cup cauliflower florets
1/2 cup bacon bits
1/4 cup green onions, sliced fine

In a small non-metal bowl mix together dressing ingredients. Cover and refrigerate overnight. In a large bowl combine the lettuce, cheese, carrots cauliflower and bacon bits. Toss all together. Stir dressing and pour over salad right before serving.

Final Comments: This is just the best salad ever. It is very important that the dressing be made up at least 24 hours ahead of time. A couple of days is even better.

ALL-AMERICAN BACON, LETTUCE AND TOMATO SALAD

2 large tomatoes, cubed 1/2-inch
8 slices crisply cooked bacon, crumbled
1 (10-oz.) bag (4 cups) mixed salad greens
3/4 cup creamy-style Ranch Dressing (pg. 10)
8 ounces (2 cups) Cheddar cheese, shredded

Layer tomatoes, bacon, salad greens, dressing and cheese in large serving bowl. Toss just before serving.
Makes 6-8 servings.

POTATO SALAD BASICS

Use a pressure cooker to save time and avoid the heat! The secret to potato salad is to marinate the cooked, still warm potatoes in French Dressing for several hours. This allows the potatoes to absorb and hold the dressing better and uses less mayonnaise.

- 2 1/2 lbs. red potatoes, cut into one-inch pieces**
- 1/2 to 1 cup diced onion**
- 1/2 diced green pepper (optional)**
- 1/2 diced red pepper (optional)**
- 1/2 cup mayonnaise**
- 4-5 slices bacon, crumbled (optional)**
- 1 tsp. dill seed (optional)**
- paprika (optional)**
- 1-2 hard boiled eggs, sliced (optional)**
- Salt & pepper to taste**



French Dressing:

- 1/4 cup red wine vinegar**
- 2 tsp. Dijon mustard**
- 1 tsp. salt**
- pepper to taste**
- 2 cloves garlic, minced**
- 3/4 cup olive or canola oil**

Boil potatoes in salted water until tender, about 15-20 minutes. While potatoes are cooking, make French Dressing as follows: Combine vinegar, mustard, salt, and garlic in blender and run on low. Gradually add oil until well incorporated. If you don't have a blender, you may shake the ingredients together in a salad dressing carafe.

Add the French dressing while the potatoes are slightly warm so they absorb the flavor of the dressing better. Chill potatoes for several hours or overnight. When cooled, add onion, peppers, mayonnaise, and dill seed as desired. Garnish with bacon, hard-cooked egg slices, and paprika, if desired. Serve in a lettuce-lined bowl or platter.

CUCUMBERS 'N SOUR CREAM

Children really love this.

- 1 large cucumber, peeled, and sliced**
- 1 green onion, minced (optional)**
- 1/2 tsp. dill weed**
- 3 tbsp. fresh onion, minced or 1 tbsp. dry minced onion**
- 2-3 tbsp. sour cream or mayonnaise**
- salt and pepper to taste**

Combine ingredients in a small bowl. Chill for an hour, if possible.

Tip: If you mix the cucumber ahead of time with 1/2 tsp. salt and set aside for several hours it will help remove excess moisture from the salad.

BROCCOLI SALAD

This is really a family favorite.

Broccoli is very high in calcium and anti-cancer agents.

- 1 large bunch broccoli, cut into small florets; slice peeled stalks into 1/4" slices and blanch***
- 1/2 cup chopped red pepper**
- 3 slices crisp bacon, chopped (bacon substitutes okay)**
- 1/2 cup diagonally sliced celery**
- 1/2 Red onion sliced thinly and separated into individual rounds**
- 1/4 cup Parmesan Cheese, shredded**
- Ranch Dressing (pg. 10)**

*Blanching the broccoli softens it a bit and brightens the color. This is optional. To blanch broccoli, cover the cut pieces with water and bring to a boil. Let boil for 1 minute, then drain and cool in a colander. Dry the broccoli with paper towel or kitchen towel.

Combine prepared vegetables, cheese and dressing. Chill. Delicious!

MARINATED BROCCOLI

Kids love raw, marinated veggies.

- 1 cup apple cider vinegar, or vinegar of choice**
- 1 tbsp. sugar**
- 1 tbsp. dill weed**
- 1 tbsp. salt**
- 1 tbsp. ground black pepper**
- 1 cup olive oil**
- 4-6 cups fresh broccoli florets**



Combine all marinade ingredients in small jar (except broccoli) or salad dressing carafe. Place broccoli in flat glass casserole dish. Pour marinade over broccoli. Cover, refrigerate at least 12 hours up to 24. Nice to take to a potluck dinner.

Marinated Vegetable Combos:

Use any combination of the following veggies for a total of 4-6 cups veggies with the above marinade.

- broccoli, cut into florets**
- cauliflower, cut into florets**
- celery, thinly sliced on the diagonal**
- raw mushrooms, halved**
- cucumber, peeled, cut lengthwise and sliced into sticks**
- small Red onion, sliced**
- 4 large carrots, peeled and thinly sliced OR 1 lb. bag of baby carrots**

TOMATO/CUCUMBER CHOP SALAD

Combine at least three of the veggie ingredients with the dressing for a great summer side dish. This recipe works well when tomatoes and cucumbers are prolific in late summer.

- 1-2 stalks celery, chopped**
- 2 or more tomatoes, chopped**
- 1 cup cucumber, chopped**
- 1/2 cup green pepper, chopped (optional)**
- 1/2 cup onion, chopped (optional)**
- 1/4 cup fresh parsley, chopped (optional)**
- salt and pepper to taste**



Mix the vegetables with 1/4-1/2 cup **Marilyn's French Dressing** (pg. 9) and salt to taste.

SUPER SPINACH SALAD*Serves 6*

- 1/8 cup (2 tbsp.) balsamic vinegar**
- 1 tsp. dried tarragon**
- 1/2 tsp. Dijon mustard**
- 1/2 cup olive oil**
- salt and pepper to taste**
- 1 - 10oz. bag baby spinach (4 cups)**
- 1-2 avocados - peeled, pitted and cubed**
- 1 tbsp. lemon juice**
- 1 small red onion, thinly sliced**
- 2 kiwis, peeled, sliced and quartered**

Directions:

1. In small saucepan over medium heat, bring vinegar and tarragon to a boil; set aside to cool.
2. Whisk together the vinegar and mustard, then gradually add oil, beating until well blended. Season with salt and pepper.
3. Place spinach in large mixing bowl. In medium bowl, generously drizzle lemon juice over avocado cubes before tossing in salad to prevent browning and to enhance flavor. Gently mix avocados, onions and kiwi into spinach.
4. Pour in salad dressing and toss evenly to coat.

**GREEK SALAD**

A colorful and traditional Greek Salad that is perfect with the bounty of your garden or whatever you have on hand.

Salad:

- 5 large ripe tomatoes**
- 1/2 large seedless cucumber**
- 1/2 cup black olives, pitted and sliced**
- sliced red onion (about 1/3 of the onion)**
- 7-8 yellow pepperoncini peppers found in jars in the pickle section of the grocery (skip these small pickled peppers if you must, but they really add to the flavor and color)**
- 1/2 cup feta cheese, crumbled (approximately 4 oz)**
- 2 tbsp. fresh parsley, chopped (optional)**

Salad Dressing:

- 2 tbsp. Greek Seasoning* (Penzey's if possible)**
- 1/2 cup olive oil (or 1/4 cup olive oil and 1/4 cup canola oil if olive oil is too strong)**
- 1/3 cup red wine vinegar**
- 2 tsp. sugar (optional)**

Slice the tomatoes, cucumber, olives, onion and peppers into bite sized pieces, and arrange them attractively in individual bowls or large salad bowls. (The salad ingredients can be mixed or layered into a large serving bowl.) Crumble the feta cheese and chopped parsley. Into a small bowl, combine 2 tbsp. of Greek Seasoning*, and 2 tbsp. of water. Allow to stand for about 5 minutes. Then, add the oil, vinegar, and sugar and whisk well or shake in a salad dressing jar with the lid screwed on securely. Pour the salad dressing over the salad just a few minutes before serving. Toss if desired, but it really isn't necessary. Serves: 10-12.

Greek Seasoning Mix (makes approximately 3 tbsp.):

- 1 tbsp. oregano**
- 1 1/2 tsp. cumin**
- 3/4 tsp. paprika**
- 3/4 tsp. pepper**
- 2 tsp. garlic powder**
- 1 tsp. salt**

QUICK BREADS

BISCUITS

Basic Buttermilk Drop Biscuits
Very delicious and easy

2 cups pastry or KAMUT flour
1 tbsp. baking powder
1/4 tsp. baking soda
2 tsp. sugar
1/2 tsp. cream of tartar
1/4 tsp. salt
1/2 cup butter
1 1/4 cups buttermilk

In a bowl, stir dry ingredients together. Cut in butter to coarse crumb stage. Add buttermilk. Stir until just blended.

Drop dough into Drop Biscuit Pan or on cookie sheet to make 7 or more biscuits. Fill biscuit pan quite full. Bake 15-18 minutes in 450°F oven. Serve warm. Smaller biscuits will bake faster.

Optional: Add 2 tbsp. finely shredded carrots, 1 tbsp. snipped parsley or 1 tbsp. chopped green onion



WHEAT GERM ZUCCHINI BREAD

A tasty way to sneak in veggies and whole grains!

3 eggs, beaten
3/4 cup honey
1/2 cup cooking oil
3 tsp. maple flavoring
2 cups coarsely shredded, peeled, packed zucchini
(about 3 medium zucchini)
2 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1/2 cup wheat germ (optional)
2 1/2 cups whole wheat pastry flour or other whole grain flour
1 cup chopped walnuts
1/3 cup sesame seeds

Beat together eggs, honey, oil, and maple flavoring until foamy and thick. Stir in zucchini. Add soda, baking powder, salt, wheat germ and flour. Mix well. Add nuts. Spoon batter into two greased and floured 9 x 5 loaf pans. Sprinkle tops with sesame seeds. Bake in oven preheated 350°F for about one hour or until wooden pick inserted in center comes out clean. Cool bread in pans about 10 minutes before removing from pans. The zucchini has a wonderful distinctive flavor.

CHOCOLATE ZUCCHINI BREAD

- 3 eggs**
- 1 1/2 cups sugar**
- 1 cup oil**
- 1 tsp. vanilla**
- 2 tbsp. butter**
- 6 tbsp. cocoa powder**
- 2 cups grated zucchini (about 3 medium)**
- 2 cups whole wheat pastry flour**
- 1 tsp. baking soda**
- 1 tsp. salt**
- 1 1/2 tsp. cinnamon**
- 2/3 cup chocolate chips**

In mixing bowl combine eggs, sugar, oil, vanilla. In saucepan, melt butter and add cocoa powder. Set aside to cool. Grate zucchini. Mix zucchini, with cocoa powder/butter mixture and when cooled combine with egg mixture. Add flour, soda, salt, cinnamon. Mix only enough to blend. Coat chocolate chips in some flour to keep them from sinking. Add to batter. Pour into 2 greased 8" pans. Bake at 350°F for 60-70 minutes. Eat!

To improve the "healthy-ness" of this recipe, I would substitute 1 cup honey for the sugar and cut the oil from 1 cup to 1/2 cup.

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