

# food and recipes



Margarita Chicken Salad With Pepitas, Cranberries and Cojita Mexican Cheese



Confetti Chip Salad

# From Bag to Table: Simple Ways to Enjoy a Great Salad

WRITER/FOOD STYLIST JENNIFER CHANDLER, AUTHOR OF *SIMPLY SALADS*  
PHOTOGRAPHER LANGDON CLAY FOR *SIMPLY SALADS*

Salad at home once meant iceberg lettuce topped with a few carrots and perhaps a tomato. If you wanted to enjoy a gourmet salad with mixed greens and out-of-the-ordinary toppings, you had to go to a restaurant.

Not so today. Prepackaged salad blends have changed the way we enjoy salads. With all the varieties of greens now available at the grocery store, it has never been easier to make a healthy and tasty salad.

To turn a simple salad into a spectacular dish, just pick your favorite blend of greens and add your favorite ingredients. It is that simple, and the possibilities are infinite when it comes to the salad creations you can make.

For a hearty meal, just add your favorite protein. Top the salad with a warm piece of grilled meat or fish. If you prefer a cold salad, combine shredded, chilled chicken with the greens. Toss in some of your favorite veggies, fruits or nuts to add different tastes and textures. Crumbled or grated cheeses also make flavorful additions.

The beauty of composing a salad is that there really are no rules. So let these recipes inspire you to get creative in the kitchen and enjoy great salads often.

All recipes are from *Simply Salads* by Jennifer Chandler, available wherever fine books are sold or online at Amazon.com.

## CONFETTI CHIP SALAD

*Makes 6 appetizer or side salads*

### For the dressing:

1/4 cup vegetable oil  
1/4 cup red wine vinegar  
2 tbsp. sugar  
1 tbsp. ketchup  
Kosher salt and freshly ground pepper

### For the salad:

1 bag (10 ounces) Hearts of Romaine salad blend  
1/2 red bell pepper, seeded and diced  
1/2 yellow bell pepper, seeded and diced  
1 ripe avocado, halved, pit removed, peeled, and diced  
1 cup Terra Chip Stix® (or any multicolor vegetable chips)

### For the dressing:

In a small bowl, whisk together the oil, vinegar, sugar and ketchup until the sugar has dissolved. Season with salt and pepper to taste.



### For the salad:

In a large salad bowl, toss together the salad blend, red bell pepper, yellow bell pepper, avocado and Terra Chip Stix®. Add the dressing to taste, and gently toss. Serve immediately.

*Tip: Available in most grocery stores, Terra Chip Stix® are chips made from colorful root vegetables. Fried potato sticks make a tasty, but not as colorful, substitute.*

## MARGARITA CHICKEN SALAD WITH PEPITAS, CRANBERRIES AND COJITA MEXICAN CHEESE

*Makes 4 dinner salads*

### For the citrus dressing:

3 tbsp. freshly squeezed lime juice  
2 tbsp. freshly squeezed orange juice  
2 tsp. sugar  
3 tbsp. canola oil  
Kosher salt and freshly ground pepper

### For the salad:

1/2 cup freshly squeezed lime juice  
1/4 cup freshly squeezed orange juice  
1/4 cup tequila  
1 tbsp. chili powder



1/2 fresh jalapeño, seeded and minced  
2 small garlic cloves, minced  
4 boneless, skinless chicken breasts  
Kosher salt and freshly ground black pepper  
1 bag (5 ounces) Spring Mix salad blend  
1/2 cup toasted pepitas (pumpkin seeds)  
1/2 cup dried cranberries  
2 tangerines, peeled, slices separated and seeds removed  
1 cup crumbled Cojita Mexican cheese

**For the citrus dressing:**

In a small bowl, whisk together the lime juice, orange juice, sugar and oil until the sugar has dissolved. Season with salt and pepper to taste.

**For the salad:**

In large bowl, mix together the lime juice, orange juice, tequila, chili powder, jalapeño and garlic. Add the chicken breasts, and toss to coat. Cover and refrigerate for 2 to 6 hours.

Heat a clean grill to medium-high. Remove the chicken from the marinade, shaking off excess, and season both sides with salt and pepper. Grill until no longer pink in the middle, 6 to 8 minutes per side. Remove chicken from grill, and let rest for 5 minutes. Slice thinly against the grain.

In a large salad bowl, toss together the salad blend, pepitas, cranberries, tangerine sections and cheese. Add dressing to taste, and gently toss to coat. Divide the salad among the individual plates. Top with sliced chicken. Serve immediately.

*Tip: Cojita is a firm, salty cheese from Mexico. If you can't find it at your local market, feta cheese is a substitute.*

**WATERMELON AND ARUGULA SALAD**

*Makes 6 appetizer or side salads*

**For the vinaigrette:**

1 tbsp. freshly squeezed lemon juice  
1 tbsp. red wine vinegar  
4 tbsp. olive oil  
Kosher salt and freshly ground pepper

**For the salad:**

1 small watermelon, seeded, rind removed and cut into 1-inch cubes  
1 package (5 ounces) Baby Arugula salad blend  
1/4 cup crumbled feta cheese  
1/4 cup pine nuts, toasted

**For the vinaigrette:**

In a small bowl, whisk together the lemon juice and red wine vinegar. Slowly add the oil in a steady stream, whisking to emulsify. Season with salt and pepper to taste.

**For the salad:**

In a large salad bowl, toss the watermelon, salad blend, feta cheese and pine nuts. Add the vinaigrette to taste, and gently toss.

## EDAMAME GARDEN SALAD WITH CITRUS-SOY VINAIGRETTE

*Makes 6 appetizer or side salads*

### **For the Citrus-Soy Vinaigrette:**

3 tbsp. freshly squeezed orange juice  
2 tbsp. freshly squeezed lemon juice  
2 tbsp. soy sauce  
2 tbsp. canola oil  
Kosher salt and freshly ground pepper

### **For the salad:**

2 cups shelled edamame  
1 carrot, shredded on the large holes of a traditional grater  
1/4 cup halved and sliced radishes  
1/4 cup cherry tomatoes, stems removed and quartered  
1/2 cucumber, halved lengthwise, seeded and diced  
1 bag (5 ounces) Sweet Baby Greens salad blend

### **For the Citrus-Soy Vinaigrette:**

In a small bowl, whisk together the orange juice, lemon juice, soy sauce and oil until well combined. Season with salt and pepper to taste.

### **For the salad:**

Bring a large pot of salted water to a boil. Add the edamame, bring back to a boil and cook until just tender, 3 to 5 minutes more. Drain the edamame, and rinse with cold water until cooled. Place in a large salad bowl.

Add the carrots, radishes, tomatoes, cucumber and salad blend. Add the vinaigrette to taste, and gently toss to coat. Serve immediately.

*Tip: Edamame are soybeans that have been harvested at the peak of ripening. They are sold in your grocery's frozen food section. ●*



Edamame Garden Salad With  
Citrus-Soy Vinaigrette



Wait until you  
see what's inside.

Residential & Commercial  
Contact us for availability  
[www.vieuxcarreoxford.com](http://www.vieuxcarreoxford.com)

A Belk Property Development  
in the Heart of Historic Oxford  
662-236-7344