it's in the bag

Salads made with prepackaged greens are a snap to prepare. BY JENNIFER CHANDLER

RECIPES ADAPTED FROM SIMPLY SALADS *(RUTLEDGE HILL PRESS)*

GRILLED ROMAINE WITH GREEN GODDESS DRESSING (RECIPE ON PAGE 31)

PHOTOGRAPHY SCOTT PETERSON **FOOD STYLING** MERILEE BORDIN **PROP STYLING** LEIGH NOE

CHICKEN FLORENTINE SALAD WITH
LEMON-PARMESAN VINAIGRETTE
(RECIPE ON PAGE 32)

A bag of baby spinach makes a green bed for this Chicken Florentine salad.

EDAMAME GARDEN SALAD WITH
CITRUS-SOY VINAIGRETTE
(RECIPE ON PAGE 32)

WATERMELON AND ARUGULA SALAD

Grilled Romaine with Green Goddess Dressing

SERVES 6 AS FIRST COURSE OR SIDE SALAD

Slightly grilling the romaine gives it an unforgettably delicious smoky flavor.

Dressing (makes about ¾ cup):
- 1 ripe avocado, peeled and diced
- ⅓ cup reduced-fat buttermilk
- ¼ cup fresh flat-leaf parsley leaves
- 2 tablespoons mayonnaise
- 2 tablespoons thinly sliced fresh chives
- ¼ teaspoon minced garlic
- 2 tablespoons freshly squeezed lemon juice

Salad:
- 1 bag (3-pack) romaine hearts
- 4 tablespoons extra-virgin olive oil
- 1 cup drained mandarin orange segments (jarred or canned)
- ½ cup almond slices, toasted

To make dressing: In a blender, purée avocado, buttermilk, parsley, mayonnaise, chives, garlic, and lemon juice. Season to taste with kosher salt and freshly ground pepper.

To make salad: Heat a clean grill to medium high. Cut romaine hearts in half lengthwise. Brush romaine with oil and season to taste with kosher salt and freshly ground pepper. Grill, turning frequently, until slightly charred but not heated all the way through, about 5 minutes.

Place grilled romaine on plates. Drizzle with dressing to taste and garnish with mandarin oranges and almond slices. Serve immediately.

Watermelon and Arugula Salad

SERVES 6 AS FIRST COURSE OR SIDE SALAD

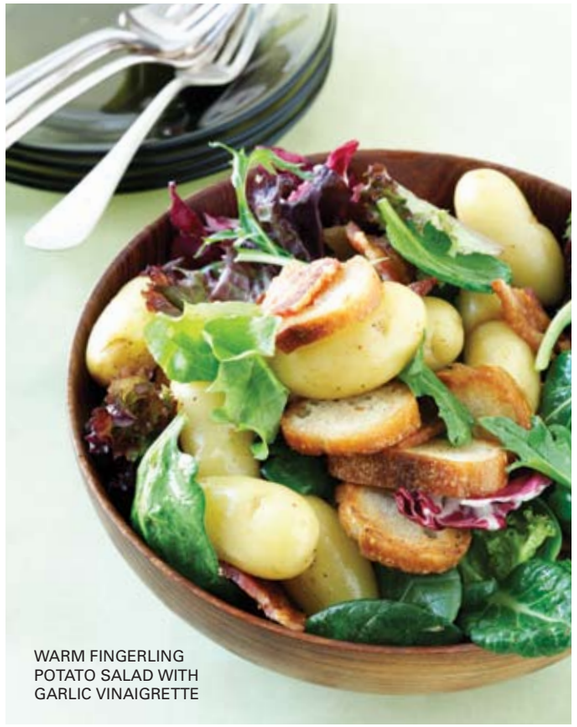
Juicy, refreshing watermelon tossed with spicy arugula is the perfect summertime backyard barbecue treat.

Vinaigrette (makes about ½ cup):
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon red wine vinegar
- 4 tablespoons extra virgin olive oil

Salad:
- 1 bag (5 ounces) baby arugula
- 1 small watermelon, seeded and cut into 1-inch cubes
- ¼ cup crumbled feta cheese
- ¼ cup pine nuts, toasted

To make vinaigrette: In a small bowl, whisk together lemon juice and vinegar. Slowly add oil in a steady stream, whisking to emulsify. Season to taste with kosher salt and freshly ground pepper.

To make salad: In a large salad bowl, toss baby arugula, watermelon, feta cheese, and pine nuts. Add vinaigrette to taste and gently toss.



WARM FINGERLING POTATO SALAD WITH GARLIC VINAIGRETTE

Warm Fingerling Potato Salad with Garlic Vinaigrette

SERVES 4 AS MAIN COURSE OR
6 AS FIRST COURSE OR SIDE SALAD

The flavor of the tender fingerling potatoes tossed with a fragrant garlic vinaigrette transports me to the French countryside.

Vinaigrette (makes about ¼ cup):
- ½ small garlic clove, mashed to a paste or minced
- 1 teaspoon Dijon mustard
- 2 tablespoons white wine vinegar
- 6 tablespoons extra virgin olive oil

Salad:
- 1 pound small fingerling potatoes, cleaned
- 3 tablespoons extra virgin olive oil
- ½ thin baguette (8 ounces), thinly sliced
- 8 slices of bacon
- 1 bag (8 ounces) field greens

To make vinaigrette: Place garlic in a small bowl. Blend in mustard and vinegar. Slowly add oil in a stream, whisking to emulsify. Season to taste with kosher salt and freshly ground pepper.

To make salad: Fill a large pot with salted water. Add potatoes and bring to a boil. Reduce heat and simmer until potatoes are fork tender, 8 to10 minutes. Drain and keep warm.

In a large skillet over medium heat, warm oil until a few water droplets sizzle in pan. Cook bread slices, stirring often, until golden brown and crisp, about 4 minutes. Using a slotted

spoon, transfer croutons to a paper towel–lined plate to drain. In same pan, cook bacon, turning as needed, until crisp, 3 to 4 minutes. Transfer bacon to a paper towel–lined plate to drain; keep warm.

Place warm potatoes in a large salad bowl and add vinaigrette to taste. Toss to coat well. Add field greens and toss gently. Tear bacon into 1-inch pieces and add to salad along with croutons. Serve immediately.

Chicken Florentine Salad with Lemon-Parmesan Vinaigrette

SERVES 4 AS MAIN COURSE

This Italian-inspired spinach salad with orzo makes a light and delicious one-dish meal.

Vinaigrette (makes about 1/3 cup):
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- ½ small garlic clove, mashed to a paste or minced
- ¼ cup extra virgin olive oil
- 1 tablespoon finely shredded Parmesan cheese

Salad:
- 4 skinless, boneless chicken breasts, grilled, cooled, and thinly sliced against the grain
- ½ cup pine nuts, toasted
- ¼ cup sliced black olives (canned)
- 3 tablespoons capers, drained and rinsed
- 1 bag (6 ounces) baby spinach
- 1 cup cooked orzo, drained, rinsed, and cooled to room temperature

To make vinaigrette: In a small bowl whisk together lemon juice, mustard, and garlic. Slowly add oil in a steady stream, whisking to emulsify. Stir in cheese. Season to taste with kosher salt and freshly ground pepper.

To make salad: In a large salad bowl, toss together sliced chicken, pine nuts, black olives, capers, baby spinach, and orzo. Add vinaigrette to taste and gently toss to coat. Serve immediately.

Edamame Garden Salad with Citrus-Soy Vinaigrette

SERVES 6 AS FIRST COURSE OR SIDE SALAD

A popular source of protein in Asia for centuries, edamame—soybeans harvested at the peak of ripening—have recently popped up on menus across the United States. Look for them in the frozen food section.

Vinaigrette (makes about ½ cup):
- 3 tablespoons freshly squeezed orange juice
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons soy sauce
- 2 tablespoons canola oil

Salad:
- 2 cups frozen shelled edamame
- 1 carrot, peeled and shredded on large holes of a grater
- ¼ cup halved and sliced radishes
- ¼ cup cherry tomatoes, quartered
- ½ cucumber, halved lengthwise, seeded, and diced
- 1 bag (5 ounces) sweet baby greens

To make vinaigrette: In a small bowl, whisk together orange juice, lemon juice, soy sauce, and oil until well combined. Season to taste with kosher salt and freshly ground pepper.

To make salad: Bring a large pot of salted water to a boil. Add edamame, return to a boil, and cook until just tender, 3 to 5 minutes more. Drain edamame and rinse with cold water until cooled. Place in a large salad bowl. Add carrot, radishes, tomatoes, cucumber, and sweet baby greens. Add vinaigrette to taste and gently toss to coat. Serve immediately.

Seared Tuna Salad with Honey-Lime Cilantro Dressing

SERVES 4 AS MAIN COURSE

The tropical flavors of the lime and cilantro dressing, and of the fresh mango, are wonderful complements to seared sushi-grade fresh tuna.

Dressing (makes about ½ cup):
- ⅓ cup freshly squeezed lime juice
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons honey
- 3 tablespoons extra virgin olive oil
- 3 tablespoons coarsely chopped fresh cilantro leaves

Salad:
- 4 sushi-grade tuna steaks (4 to 6 ounces each)
- 2 tablespoons extra virgin olive oil
- 1 bag (5 ounces) spring mix
- 1 mango, pitted, diced, and peeled
- ½ red onion, halved and thinly sliced
- ¼ cup pickled ginger (optional)

To make dressing: In a small bowl, whisk together lime juice, lemon juice, honey, and oil until well combined. Stir in cilantro. Season to taste with kosher salt and freshly ground pepper.

To make salad: Season tuna with kosher salt and freshly ground pepper. In a large skillet over medium-high heat, warm oil until a few water droplets sizzle in pan. Quickly sear tuna, leaving it rare inside, until well browned and easily releases from pan, about 2 minutes per side. Transfer to a cutting board and slice thinly.

In a large salad bowl, toss spring mix with mango and red onion. Add dressing to taste, reserving some to drizzle on top of fish, and gently toss. Season to taste with salt and pepper.

Divide salad equally among 4 plates. Place sliced tuna next to salad. Drizzle reserved dressing over tuna. Garnish with pickled ginger, if desired. Serve immediately. ■

SEARED TUNA SALAD WITH HONEY-LIME CILANTRO DRESSING

NUTRITION

GRILLED ROMAINE: PER SERVING: CALORIES 259 (194 from fat); FAT 22g (sat. 3g); CHOL 3mg; SODIUM 54mg; CARB 16g; FIBER 6g; PROTEIN 4g

WATERMELON & ARUGULA: PER SERVING: CALORIES 186 (131 from fat); FAT 15g (sat. 3g); CHOL 6mg; SODIUM 79mg; CARB 14g; FIBER 1g; PROTEIN 3g

WARM FINGERLING POTATO: PER SERVING: CALORIES 354 (230 from fat); FAT 26g (sat. 4g); CHOL 12mg; SODIUM 394mg; CARB 24g; FIBER 3g; PROTEIN 7g

CHICKEN FLORENTINE: PER SERVING: CALORIES 469 (278 from fat); FAT 31g (sat. 4g); CHOL 74mg; SODIUM 454mg; CARB 16g; FIBER 3g; PROTEIN 33g

EDAMAME: PER SERVING: CALORIES 124 (68 from fat); FAT 8g (sat. 1g); CHOL 0mg; SODIUM 324mg; CARB 9g; FIBER 3g; PROTEIN 7g

SEARED TUNA: PER SERVING: CALORIES 395 (205 from fat); FAT 23g (sat. 4g); CHOL 43mg; SODIUM 62mg; CARB 22g; FIBER 2g; PROTEIN 28g