

Salads

Washing Fruits And Vegetables

Fresh fruits and vegetables are rich in vitamins and minerals, which make them essential for good health. Before consuming any fresh fruits or vegetables, it is important that you correctly wash any harmful bacteria off the surface.

- **Apples, Peaches And Other Fruits With Soft Outer Skins:**

- Hold produce under running water in both palms and rub, turning continuously.
- Scrub around stem area of apple with a small brush.
- Wipe dry with a clean paper towel and enjoy.



- **Strawberries, Grapes And Other Bite Sized Fruits And Vegetables:**

- Place fruits in a colander. Run cold water over the produce while rubbing each fruit gently with the fingertips.
- Drain in the colander and enjoy.



Be sure to clean your sink before washing your fresh produce.

- **Lettuce, Spinach, Cabbage And Other Leafy Vegetables:**
 - Remove and discard outer layers.
 - Separate and hold individual leaves under cold running water while rubbing with tip of fingers.
 - Repeat this process until water is clean of particles.
 - Shake produce to drain. If you wish to dry it, be sure to use a clean paper towel.
- **Oranges, Melons, Cantaloupes And Other Fruits With Tough Outer Skins And Rinds:**
 - Hold produce under cold running water if possible. Scrub lightly with a vegetable brush while turning continuously.
 - Cut with a clean knife or peel with clean hands.
- **Potatoes, Carrots, Turnips And Other Firm Vegetables:**
 - Scrub produce with a vegetable brush while holding under cold running water. Be sure to turn while brushing.
 - Wipe with a clean paper towel and peel or cut as desired with a clean knife.





Cranberry Spinach Salad

- 1 1/2 teaspoons butter
- 1/4 cup slivered almonds
- 1/2 pound fresh spinach
- 1/2 cup dried cranberries
- 1 tablespoon toasted sesame seeds
- 1 1/2 teaspoons poppy seeds
- 1/4 cup white sugar
- 1 teaspoon onion powder
- 1/8 teaspoon paprika
- 2 tablespoons white wine vinegar
- 2 tablespoons cider vinegar
- 1/4 cup vegetable oil

1. In a medium saucepan, melt butter over medium heat. Add slivered almonds and stir until lightly toasted. Let toasted almonds cool.
2. **Separate and hold individual spinach leaves under cold running water while rubbing with tip of fingers. Once clean, dry spinach leaves using a clean paper towel.** In a large bowl combine spinach, dried cranberries, and toasted almonds.
3. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil.
4. Toss with spinach before serving.
5. **If you are not going to serve right away, cover the bowls with plastic wrap and place on the top shelf of the refrigerator.**



Additional Food Safety Notes Related To This Recipe

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood. Be sure the refrigerator is 40oF. or below.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to clean and sanitize sink before you wash your produce.
- Wash hands correctly
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- Keep food out of the “Danger Zone”.
 - Fresh produce should not be out of the refrigerator for longer than 2 hours.
 - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and the date. Store in the refrigerator no more than 3 days.

Recipe Source

<http://www.ireallylikefood.com/759996485/cranberry-almond-spinach-salad/>



Grępk Salad

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| 1 cucumber | 2 cloves garlic |
| 1 red bell pepper | 1 teaspoon dried oregano |
| 1 yellow bell pepper | 1/2 cup Dijon mustard |
| 1/2 red onion | 1/4 cup red wine vinegar |
| 1 pint cherry tomatoes | 1 teaspoon salt |
| 1/2 pound feta cheese | 1/2 teaspoon black pepper |
| 1/2 cup pitted calamata olives | 1/2 cup olive oil |

1. Peel the red onion. **Hold cucumber, bell peppers, and red onion under running water. Rub with both palms while turning continuously. Once clean, wipe dry with a clean paper towel.** Slice the cucumber and red onion. Dice the bell peppers.
2. Place tomatoes into a colander. **Run cold water over them while rubbing each tomato gently with your finger tips.** Once clean, cut each tomato in half.
3. In a large bowl combine the cucumber, bell peppers, red onion, and tomatoes.
4. Remove skin from garlic. Scrub with a vegetable brush while holding under cold running water. Mince.
5. In a medium bowl, whisk together the garlic, oregano, mustard, vinegar, salt and pepper. Still whisking, slowly add the olive oil to make an emulsion.
6. Pour the vinaigrette over the vegetables. Add feta and olives, then toss the salad lightly. Cover with plastic wrap and place in the refrigerator for 30 minutes, allowing for the flavors to blend.



Additional Food Safety Notes Related To This Recipe

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to clean and sanitize the sink before you wash your produce.
- Wash hands correctly
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
 - Fresh produce should not be out of the refrigerator for longer than 2 hours.
 - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into clean, airtight storage containers. Do not forget to label the container with the name and the date. Store in a refrigerator that is no hotter than 40°F.

Recipe Source

<http://www.foodnetwork.com/recipes/ina-garten/greek-salad-recipe/index.html>



German Potato Salad

- 3 medium potatoes
- 4 slices bacon
- 1 small onion
- 1/4 cup white vinegar
- 2 tablespoons water
- 3 tablespoons white sugar
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon parsley

1. **Scrub the potatoes with a vegetable brush while holding under cold running water. Once clean, peel and cube the potatoes on your produce cutting board.**
2. Place the potatoes into a cooking pot. Fill with enough water to cover. Bring to a boil. Cook until easily pierced with a fork, about 10 minutes. Drain potatoes, and set aside to cool.
3. In a separate large deep skillet, cook the bacon over medium-high heat until browned and crisp. **Be sure to wash your hands after handling the raw bacon.** After bacon is browned and crisp remove from the pan and set aside. Once the bacon has cooled crumble into small pieces.
4. Remove the outer skin from the onion. **Scrub the onion with a vegetable brush while holding under cold running water. Dice the onion on your produce cutting board.** Add the onion to the large deep skillet with the bacon grease and cook over medium heat until browned.
5. Add the vinegar, water, sugar, salt and pepper to the pan. Bring to a boil, then add the potatoes, parsley, and half of the bacon crumbles.



6. Heat through, about 5 minutes. Transfer salad to a serving dish. Crumble the remaining bacon over the top, and serve warm.

Additional Food Safety Notes Related To This Recipe

- When buying potatoes in the grocery store, be sure that they are free of most blemishes and are firm to the touch. Avoid those that are bruised, sprouting, shriveled, or green-tinged.
- When buying bacon in the grocery store, be sure that there are no broken seals on the package or discoloration on the strips.
- Bacon has a recommended storage time of 7 days in the refrigerator. Be sure to wrap it tightly after opening. After 7 days the bacon should be thrown into the garbage.
- Wash hands correctly after handling bacon. Even if the bacon is ready-to-eat, it is important that you wash your hands after handling all meat products.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
 - Bacon should not be out of the refrigerator for longer than 2 hours.
 - Put any leftovers into the refrigerator within 1 hour of serving.

Recipe Source

<http://allrecipes.com/recipe/authentic-german-potato-salad/>



Crunchy Romaine Toss

- 1/2 cup sugar
- 1/2 cup vegetable oil
- 1/4 cup cider vinegar
- 2 teaspoons soy sauce
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 (3 ounce) package ramen noodles, broken
- 1 small onion
- 2 tablespoons butter
- 1 1/2 cups chopped broccoli
- 1 small head romaine lettuce
- 1/2 cup chopped walnuts

1. In a jar with a tight-fitting lid, combine the sugar, oil, vinegar, soy sauce, salt, and pepper. Shake well.
2. Break the ramen noodles into pieces. Discard seasoning packet from noodles or save for another use. In a small sauté pan, heat the butter on medium heat until melted and sauté noodles in butter until golden.
3. Remove the skin from the onion. **Scrub the onion with a vegetable brush while holding under cold running water. Slice the onion on your produce cutting board.**
4. **Separate and hold the individual broccoli florets and romaine lettuce leaves under cold running water while rubbing with tip of fingers. Once clean, dry broccoli and romaine leaves using a clean paper towel. Chop broccoli on your produce cutting board.** Tear the romaine leaves into bite size pieces.
5. In a large bowl, combine noodles, broccoli, romaine lettuce, and onions. Just before serving, toss with dressing and walnuts.



Additional Food Safety Notes Related To This Recipe

- When buying broccoli in the grocery store, be sure that it has firm, closed, and dark-green florets. Avoid those that have yellowing green-colored florets. The romaine lettuce should have fresh green leaves with no wilted or bruised areas.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood. (And don't forget to check the thermometer to make sure your refrigerator is cold enough)
- Be sure to clean and sanitize the sink before you wash your produce. Use a clean small brush to scrub around and in the drain to get rid of dirt and grime.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One should be used for raw meats, poultry, and seafood while the other should be used for fresh produce and breads.
- Keeping food out of the “Danger Zone”.
 - Fresh produce should not be out of the refrigerator for longer than 2 hours.
 - Put any leftovers into the refrigerator within 1 hour of preparing.
- When storing leftovers, divide into small portions and place into clean airtight storage containers. Do not forget to label the containers with the name and the date.

Recipe Source

<http://allrecipes.com/recipe/crunchy-romaine-toss/detail.aspx>



Caesar Salad With Ingrid's Caesar Dressing

- 1/2 cup mayonnaise
- 1/4 cup extra virgin olive oil
- 3 tablespoons grated Parmesan cheese
- 2 tablespoons blue cheese salad dressing
- 1 tablespoon red wine vinegar
- 3 cloves garlic, minced
- 1 teaspoon lemon juice
- 1/2 teaspoon dry mustard
- 4 dashes Worcestershire sauce
- 2 dashes hot pepper sauce
- 1 pinch cayenne pepper
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 head romaine lettuce
- 1 package croutons

1. In a large bowl, add the mayonnaise, olive oil, Parmesan cheese, blue cheese dressing, vinegar, garlic, lemon juice, dry mustard, Worcestershire sauce, hot pepper sauce, cayenne pepper, and salt and pepper. Beat until well blended. Cover and refrigerate for 4 hours.
2. **Separate and hold the individual romaine lettuce leaves under cold running water while rubbing with the tip of fingers.** Once clean, dry romaine leaves using a clean paper towel. Tear the romaine leaves into bite size pieces.
3. In a large bowl, assemble the salad just before serving. Add croutons to top of lettuce pieces, then gently drizzle dressing over the top of the salad. Place remaining dressing in a small pitcher for diners to add more as desired. Serve immediately.



Additional Food Safety Notes Related To This Recipe

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- When making a homemade Caesar dressing do not use raw eggs. Older adults, people with weakened immune systems, and people with chronic illnesses need to cook eggs until both the yolks and whites are solid or until the cooking thermometer reads 160°F.
- Bagged romaine lettuce still needs to be washed under cold water while rubbing with the tip of fingers.
- When storing in the refrigerator, place romaine lettuce on a separate top shelf or in a refrigerator bin away from raw meat, poultry, and seafood.
- Follow the 2 hour rule. The 2 hour rule states that refrigerated or cooked foods left in the danger zone for longer than 2 hours when the air temperature is 40-80°F must be thrown into the trash. If the air temperature is above 90°F, the food must be thrown into the trash after 1 hour. This includes salads, especially those with mayonnaise added.
- When shopping in the grocery store, romaine lettuce should be one of the last items to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.

Recipe Source

<http://allrecipes.com/recipe/ingrids-caesar-salad-dressing/>



Salad With Egg Dressing

- 4 bacon strips
- 1 12 ounce bag of mixed salad greens
- 1 tomato
- 1 small onion
- 1 cucumber
- 2 eggs
- 1/2 cup sugar
- 1/4 cup water
- 1/4 cup vinegar

1. In a skillet, cook the bacon over medium heat until browned and crisp. **Be sure to wash your hands after handling the raw bacon.** After bacon is browned and crisp remove from the pan and set aside. Once the bacon has cooled, crumble into small pieces. **Wash hands again before handling the greens.**
2. **Place the mixed salad greens into a colander. Run cold water over them while rubbing gently with your finger tips. Once clean, dry green leaves using a clean paper towel.**
3. Remove the outer skin of the onion. **Hold tomato, onion and cucumber under cold running water. Rub with both palms while turning continuously. Once clean, wipe dry with a clean paper towel. Using your produce cutting board, cut the tomato into wedges and slice the onion and cucumber as desired.**
4. Break eggs into a clean microwave-safe bowl. **Be sure to wash your hands after handling the raw eggs.**



5. Mix the sugar and water into the eggs and microwave, uncovered, on high for 1 minute. **Stir in vinegar and cook until your cooking thermometer reads 160°F (about 1 to 1 1/2 minutes).**
6. In a large bowl, assemble the salad just before serving. Add mixed greens, onion, bacon, tomato, and cucumbers. Then gently drizzle dressing over the top of the salad and toss to coat. Place remaining dressing in a small pitcher for diners to add more as desired. Serve immediately.

Additional Food Safety Notes Related To This Recipe

- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook eggs until both the yolks and whites are solid or until the cooking thermometer reads 160°F.
- The egg dressing has a recommended storage time of 3 -5 days in the refrigerator. Be sure to store the dressing in a clean, airtight storage container. Do not forget to label the container with the name and date.
- Bagged mixed salad greens still need to be washed under cold water while rubbing with the tip of fingers.
- When shopping in the grocery store, bacon, eggs, and fresh produce should be the last items to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.

Recipe Source

<http://allrecipes.com/recipe/salad-with-egg-dressing/>



Eastern European Cabbage Salad

- 1 small onion
- 1 carrot
- 1/2 head cabbage
- 3 tablespoons chopped parsley
- 1/2 cup salad oil
- 1 teaspoon sugar
- 1 tablespoon white vinegar
- 1/8 teaspoon celery seed
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1 teaspoon lemon juice

1. Remove the skin from the onion and carrot. **Scrub the onion and carrot with a vegetable brush while holding under cold running water. Separate and hold the individual cabbage and parsley leaves under cold running water while rubbing with tip of fingers.** Once clean, dry the leaves using a paper towel. Shred the carrots and cabbage using a food processor. **Finely chop the onion and parsley on your produce cutting board.**
2. In a large bowl, toss together the cabbage, carrots, onion and parsley.
3. In a small bowl, whisk together the oil, sugar, vinegar, celery seed, salt, white pepper, and lemon juice. Pour the vinaigrette over the cabbage mixture and toss lightly. **Cover with plastic wrap and place in the refrigerator, on a separate shelf away from raw meat, poultry, or seafood, for at least 3 hours or overnight.** Mix cabbage salad before serving.

Additional Food Safety Notes Related To This Recipe

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood. Be sure the refrigerator is 40°F. or below.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Be sure to clean and sanitize sink before you wash your produce.
- Wash hands correctly
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
 - Fresh produce should not be out of the refrigerator for longer than 2 hours.
 - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and the date. Store in the refrigerator no more than 3 days.

Recipe Source

<http://easteuropeanfood.about.com/od/salads/r/serbcoleslaw.htm>



BLT Salad

2 slices whole-wheat country bread
2 teaspoons extra-virgin olive oil
3 slices center-cut bacon
1 head romaine lettuce
1 green onion
4 medium tomatoes
3 tablespoons reduced-fat mayonnaise
2 teaspoons distilled white vinegar
1/4 teaspoon garlic powder
1/8 teaspoon ground pepper

1. **Cube the bread on your produce cutting board.** Heat oven to 350°F. In a medium bowl, toss cubed bread with oil and spread on a baking sheet. Bake, turning once, until golden brown, about 15 to 20 minutes.
2. In a skillet, cook bacon over medium heat until browned and crisp. **Be sure to wash your hands after handling the raw bacon.** After bacon is browned and crisp remove from the pan and set aside. Once bacon has cooled, crumble into small pieces.
3. **Separate and hold individual romaine lettuce leaves and green onion under cold running water while rubbing with the tip of fingers. Once clean dry romaine leaves and green onion using a clean paper towel.** Tear romaine leaves into bite size pieces. Mince green onion using your food processor.
4. **Hold tomatoes under cold running water. Rub with both palms while turning continuously. Once clean wipe dry with a clean paper towel. Chop 3 of the tomatoes on your produce cutting board.**

5. **Cut the remaining tomato in half on your produce cutting board.** Working over a large bowl, mash the tomato through the large holes on a box grater. Discard the skin. Add mayonnaise, green onion, vinegar, garlic powder and pepper; whisk to combine.
6. Add the tomatoes, romaine and croutons to the bowl with the dressing; toss to coat. Sprinkle with bacon before serving.

Additional Food Safety Notes Related To This Recipe

- Always start and finish with a clean work area by wash cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Always store raw bacon on the bottom shelf of the refrigerator. Place the raw bacon package on a pan or a plate to catch any juices that may drip.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Wash hands correctly after handling raw bacon.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.

Recipe Source

http://www.eatingwell.com/recipes/blt_salad.html