

Joanna Garner  
Intermediate  
Salad (Greens or Lettuce Base)  
Armstrong County

### GRILLED PEAR SALAD

3 firm ripe Bartlett pears, cut into ½-inch-thick wedges  
¼ cup red wine vinegar  
½ (10-oz.) jar seedless raspberry preserves  
2 Tbsp. chopped fresh basil  
1 garlic clove, pressed  
½ tsp. salt  
½ tsp. seasoned pepper  
1/3 cup canola oil  
1 (5-oz.) package gourmet mixed salad greens  
½ small red onion, thinly sliced  
2 cups fresh raspberries  
¾ cup honey-roasted cashews  
4 oz. crumbled goat cheese

Preheat grill to 350° to 400° (medium-high) heat. Grill pear wedges, covered with grill lid, 1 to 2 minutes on each side or until golden. Whisk together red wine vinegar and next 5 ingredients in a small bowl; add canola oil in a slow, steady stream, whisking constantly until smooth. Combine salad greens, next 4 ingredients, and pears in a large bowl. Drizzle with desired amount of vinaigrette, and toss to combine. Serve immediately with remaining vinaigrette.

Jordan Langehennig  
Intermediate  
Salad (Greens or Lettuce Base)  
Carson

### OLIVE GARDEN SALAD MIX

#### Ingredients:

1 Bag American Blend Dole Salad  
2-4 Banana Peppers  
4-5 Slices of Red Onion  
½ cup Croutons  
4-6 Black Olives  
1 Small Tomato, sliced  
Grated Romano Cheese

#### Dressing:

6 Tblsp Sugar  
¾ cup Olive oil  
1 1/2 tsp Salt  
1/2 cup Red Wine Vinegar  
1 1/2 tsp Pepper

Directions:

1. Chill one salad bowl in the freezer for at least 30 minutes.
2. Place the bag of salad in the bowl. Add red onion, black olives, banana peppers and tomatoes on top of lettuce.
3. Toss to spread the ingredients throughout the salad.
4. Add croutons on top of salad.
5. Add grated Romano cheese and plenty of dressing on top!

Presley Ridley  
Intermediate  
Salad (Greens or Lettuce Base)  
Collingsworth County

### CARIBBEAN CHICKEN CAESAR SALAD

- 1 lb boneless skinless chicken breasts, cut into pieces
- ½ cup thawed non-alcoholic pina colada mix, divided
- 1 cup mandarin orange segments
- 1 celery rib, chopped
- 2 tablespoon crushed pineapple
- 1 green onion, chopped
- 4 pitted ripe olives, sliced
- 2 tablespoon plus 2 teaspoon lemon juice
- 4 teaspoon mayonnaise
- 2 teaspoon grated Parmesan cheese
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- ½ teaspoon garlic powder
- 4 cups torn romaine or iceberg lettuce

Combine chicken and ¼ cup pina colada mix. In a large skillet coated with cooking spray, cook and stir chicken mixture over medium heat until chicken is no longer pink. Remove from heat; set aside. Combine the mandarin oranges, celery, pineapple, onion, and olives in a large bowl. In a small bowl, combine the lemon juice, mayonnaise, cheese, garlic, salt, pepper and the remaining pina colada mix. Add chicken and romaine to the orange mixture; drizzle with dressing and toss to coat. Serve immediately.

### BIG MAC SALAD

Ingredients:

1 large head romaine lettuce, washed and sliced thin  
½ cup finely chopped dill pickles  
1 lb. 93/7 hamburger meat  
1 small onion finely chopped  
1 tsp. salt  
½ tsp. pepper  
4 slices American cheese  
¼ cup milk  
¾ cup thousand island dressing  
1 bag prepared croutons

Preheat skillet and mix hamburger meat, onion, salt, and pepper in a bowl. Divide meat into 16 small thin hamburger patties. Place in skillet and cook approximately 2 ½ to 3 minutes per side. Place 1 quartered slice of cheese on each patty after cooked to melt. In a medium sized salad bowl mix lettuce and pickles. Combine milk and salad dressing and pour enough on to coat lettuce and pickle mixture. Reserve left over dressing for more if desired. On a salad plate place desired amount of lettuce mixture, 2-3 cheese burger patties, and six to seven croutons.

### RED PEAR SPINACH SALAD

2- 5oz spinach packages  
1 cup baby arutna  
2 red pears  
¾ pecan halves  
¼ crumbled blue cheese  
Cut pears, toast pecans, mix all.

Dressing:

2 Tb balsamic vinegar  
1 t. Dijon mustard  
1 t. ground black pepper  
½ t. salt  
Whisk, slowly add 3t olive oil

### SUPER CHEF'S SALAD WITH BUTTERMILK DRESSING

#### Salad

8 cups lettuce (I used romaine and baby spinach)  
1 cup cubed cooked turkey  
1 cup cubed cooked ham  
1 cup cubed Cheddar cheese  
1 cup cubed Swiss cheese  
2 hard-boiled eggs, chopped or sliced  
Cherry tomatoes

Arrange the lettuce in the center of the plate. Arrange equal portions of meat and cheese around the edges. Top with eggs and add cherry tomatoes. Serve with dressing on the side.

#### Dressing

3 green onions  
1 teaspoon parsley  
1 teaspoon tarragon  
1 cup light mayonnaise  
¼ cup buttermilk  
1 teaspoon lemon juice  
½ teaspoon ground white pepper  
½ teaspoon ground black pepper  
½ teaspoon salt

Combine onions, parsley and tarragon in food processor. Add mayonnaise and process until blended. Add the buttermilk, lemon juice, salt and peppers. Pulse once or twice to blend well.