

### Greek Couscous Salad

Ingredients:

1 cup cooked couscous  
½ cup canned chickpeas, drained  
½ cup diced cucumber  
½ cup cherry or grape tomatoes, halved (approx. 10 grape tomatoes)  
¼ cup crumbled feta cheese  
1 tablespoon chopped black or kalamata olives  
2 tablespoons light vinaigrette



Directions:

Combine all salad ingredients in a medium bowl and drizzle with dressing.

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Grace Kuehler  
Intermediate  
Grain Based Salad  
Carson

### Nutty Wild Rice Salad

Ingredients:

2 1/2 cups chicken stock  
1 cup wild rice  
3 tablespoons lemon juice  
2 teaspoons grape seed or olive oil  
2 teaspoons honey  
2 kiwis, peeled and diced  
1 cup seedless red grapes, halved  
1 1/2 tablespoons toasted, chopped pecans  
Salt and pepper to taste



Directions:

1. Place broth in a medium saucepan, and bring to a boil. Add rice, reduce heat to low, and simmer, covered, for 45 minutes, or until tender. Drain excess liquid, cover and let cool.
2. Whisk together lemon juice, oil, and honey in a small bowl until honey is dissolved. Season with salt and pepper.
3. Place cooled rice in a salad bowl, along with kiwi, red grapes and pecans. Add dressing, and gently toss.
4. Garnish.

Yield: 4 servings

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### Mexican Bean and Rice Salad

#### Ingredients:

2 cups cooked brown rice  
1 can (15 ounces) kidney beans rinsed and drained  
1 can (15 ounces) black beans rinsed and drained  
1 can (15.25 ounces) whole kernel corn drained  
1 small diced onion  
1 diced green bell pepper  
2 seeded and diced jalapeno peppers  
1 zested and juiced lime  
1/4 cup chopped cilantro leaves  
1 teaspoon minced garlic  
1 1/2 teaspoons ground cumin  
Salt to taste

#### Directions:

In a large bowl combine brown rice, kidney beans, black beans, corn, onion, green bell pepper, lime, cilantro, garlic, cumin and salt. Refrigerate salad for 1 hour, toss again and serve.

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Maddie Sawyer  
Intermediate  
Grain Based Salad  
Hemphill

### Southwest Confetti Quinoa

1 cup quinoa  
1 1/2 cups low sodium, chicken broth  
1/4 cup freshly squeezed lime juice  
1/4 cup olive oil  
1/8 teaspoon salt  
1 teaspoon cumin  
1/2 teaspoon chili powder  
1/8 teaspoon garlic powder  
1 Tablespoon chopped, fresh cilantro  
8-10 cherry tomatoes, quartered  
1/2 cup frozen corn kernels, thawed  
1/2 cups canned black beans, rinsed and drained  
2 green onions, chopped



Wash produce and let dry. Bring 1 1/2 cups chicken broth to a boil. Add 1 cup quinoa to boiling broth. Reduce heat, stir and cover with a lid and let simmer 15 minutes. Remove from heat, fluff with fork, transfer to a serving bowl and let cool. While the quinoa is cooking, prepare dressing. Whisk together 1/4 cup of freshly squeezed lime juice, 1/4 cup of olive oil, 1/8 teaspoon of salt, 1 teaspoon of cumin, 1/2 teaspoon of chili powder and 1/8 teaspoon of garlic powder. Set aside. Chop 1 Tablespoon of fresh cilantro, 8-10 cherry

tomatoes and 2 green onions. Set aside. Pour dressing over the cooled quinoa and toss. Add to the quinoa mixture: 1T. chopped cilantro, 8-10 cherry tomatoes, ½ cup corn, ½ cup black beans and 2 chopped, green onions. Toss. Serve or refrigerate up to 3 days. 1 serving is 1 cup. This recipe serves 6 people.

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Sierra McCutchan  
Intermediate  
Grain Based Salad  
Moore

### Southern Corn Bread Salad

cornbread  
lettuce  
tomatoes  
jalapenos  
ranch style beans  
sour cream  
cheese  
onions  
corn  
chives  
green bell pepper  
bacon bits

Place cornbread in the bottom of the bowl. Layer the remaining ingredients on top of cornbread, top with sour cream. Store in refrigerator. Yield: 6

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Zach Sellinger  
Intermediate  
Grain Based Salad  
Potter

### Asiago Chicken Pasta

1 lb bowtie pasta  
1 ½ lb Trimmed Chicken breasts (boneless, skinless)  
2 cup Heavy Cream  
3 Cloves of garlic  
1 ½ Tsp Chicken Bouillon, Granulated  
1 cup Asiago Cheese Shredded  
½ cup Pepper jack shredded  
1/3 cup Romano Cheese Shredded  
½ Tsp Salt  
1 Tsp Pepper  
½ Tsp Cayene, divided  
1 Tsp Italian Seasoning  
2 Tsp Garlic powder, divided  
3 tps Extra Virgin Olive Oil  
2/3 cups of milk

Pound chicken with meat tenderizer to 1/8" – 1/4" thin. Season both sides with salt, pepper, half the cayenne pepper, half the garlic powder and Italian season. In a large skillet heat olive oil on med-high heat. Add chicken and cook 8 min on both sides till internal temp is 165 degrees. In a large 8qt. pot bring salted water to boil. Cook pasta according to directions on box. In a sauce pan bring cream, garlic and chicken bouillon to a simmer. Whisk in remaining cayenne pepper and garlic powder. Add cheeses. Whisk to combine and heat on low heat until cheeses are well melted. Remove from heat until pasta and chicken are ready. When pasta is al dente, drain and return to pot. Slice cooked chicken into thin strips. Add to the pasta pot. Place sauce back on heat; add milk to thin the sauce slightly. Mix well. Pour over pasta and chicken. Mix well to combine. Serve immediately with warm garlic bread.

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Tucker Summers  
Intermediate  
Grain Based Salad  
Sherman

### Sweet Macaroni Salad

2 cups cooked elbow macaroni  
1 cup pickle relish or chow chow  
1 cup miracle whip

Mix all ingredients together. Chill for a few hours and serve cold.

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