

Seven-Layer Mexican Salad

Ingredients:

- 1 ¼ cups frozen whole-kernel corn
- 4 cups chopped romaine lettuce
- 1 (15-ounce) can no-salt-added black beans, rinsed and drained
- 1 large ripe tomato, chopped
- ½ cup refrigerated light ranch dressing
- 1 tablespoon 40%-less-sodium taco seasoning
- ½ cup (2 ounces) reduced-fat shredded sharp cheddar cheese
- 1/3 cup sliced green onions

Directions:

1. Place frozen corn in a colander; rinse with cold water until thawed. Drain well.
2. Spread lettuce in bottom of a 2-quart trifle dish. Layer black beans, corn, and tomato over lettuce.
3. Combine ranch dressing and taco seasoning; spread evenly over tomato. Sprinkle with cheese and onions.

Yield: 8 servings (serving size: 1 cup).

Taylor Martin
Junior
Main Dish Salad
Dallam

Chipotle Steak Salad

Makes 4 to 6 servings

Ingredients:

- 1 whole flank steak, 1/2 to 2 pounds
- 3 tablespoons olive oil
- 1 tablespoon Worcestershire sauce
- 1 tablespoon honey
- 1 (7 ounce) can chipotle peppers in adobo sauce
- 1/2 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 cups mayonnaise
- 24 ounces of salad greens
- 4 roma tomatoes, sliced
- 1 cucumber, sliced
- 1 red onion, halved and thinly sliced



Directions:

Mix the olive oil, Worcestershire sauce, honey and 2 tablespoons adobo sauce from the can of chipotle peppers, stir in the cumin and oregano. Pour over the flank steak and refrigerate a couple of hours. Mix together in a food processor the mayonnaise and chipotle peppers. After the steak has marinated, grill it until it is medium rare. Allow the meat to rest for 10 minutes and then slice it very thin on a diagonal. To serve, mound the greens high on each plate and drape slices of warm meat down the sides. Arrange tomato and cucumber slices around the sides of each plate, then top each salad with the red onion slices. Spoon the chipotle dressing all around the salad.

Jodee Pigg
Junior
Main Dish Salad
Donley

Grilled Veggie-Pasta Chicken Salad

2/3 cup Italian dressing (could substitute olive oil)
4 cups fresh vegetables (such as mushrooms, zucchini, squash, onions), 1 inch pieces
12-ounce package farfalle(bow-tie) pasta
2 medium chicken breasts, boneless and skinless

Pour 1/3 cup of the dressing over vegetables. Cover and refrigerate 1 hour. Heat coals or gas grill for direct heat. Drain vegetables, reserving marinade. Thread vegetables on each of eight 10-inch metal skewers. Brush with marinade. Cover and grill vegetables 4 to 6 inches from medium heat 15 to 20 minutes, turning and brushing twice with marinade, until crisp-tender. Throw chicken breasts on the grill and cook until cooked completely about 15-20 minutes. While vegetables are grilling, cook and drain pasta as directed on package. Remove vegetables from skewers. Toss vegetables, pasta, chicken and remaining 1/3 cup dressing together, adding additional dressing if desired. Makes 6 servings.

Samantha Price
Junior
Main Dish Salad
Gray

Sami's Chicken & Grape Salad

6 cups Chopped Cooked Chicken
3 cups Sliced Green Grapes
2 Celery Ribs, diced
3 Green Onions, minced
1 cup Mayonnaise
1/2 teaspoon Seasoned Salt
1/2 teaspoon Seasoned pepper

Stir together all ingredients.
Yield: 6 to 8 servings

McKenzie Lopez
Junior
Main Dish Salad
Hall

Steak Salad

1 1/2 cup lettuce
1 precooked hard boiled egg
6 cherry tomatoes
1/2 cup sirloin
5 croutons
1/4 cup shredded cheese
And your choice of dressing



Preheat grill for high heat.
Lightly oil grate. Place steak on grill and cook for 3 to 5 minutes per side or until desired doneness is reached. Remove from heat and let sit until cool enough to handle. Slice steak into bite size pieces.
On a cutting board roughly chop lettuce, and slice tomatoes, and egg.
Onto plate arrange the lettuce, tomato, egg, and cheese Top with steak, croutons and drizzle with your favorite dressing. Serve and Enjoy!

Christina Gonzales
Junior
Main Dish Salad
Ochiltree

Ham Salad

2 c finely chopped ham
1/4 c chopped onion
1/4 c chopped pickle
1/4 c mild Rotel tomatoes
1/4 c mayo
1 t spicy mustard
1/2 c shredded cheddar cheese
Combine ingredients, lightly stirring in cheese last. Serve

Zowie Watt
Junior
Main Dish Salad
Oldham

Frito Salad

Ingredients:
1 head lettuce, washed and chopped
1 can ranch style beans, drained and rinsed
1 tomato, washed and chopped
1 cup shredded Colby jack cheese
2 cups Frito corn chips
1 small bottle Catalina dressing
Directions:
Combine all ingredients and serve.

Jenny Quisenberry
Junior
Main Dish Salad
Roberts

Easy Taco Salad

1 pound ground beef
¼ cup chopped onion
1 15 ounce can Ranch Style Beans
1 1 ¼ ounce package taco seasoning
1 14.5 ounce can diced tomatoes (Drained. Reserve juice.)
2 cups broken tortilla chips
6 cups shredded lettuce
2 cups shredded cheese



Brown ground beef and onion in skillet until ground beef is crumbly and no longer pink. Drain the grease off. Add Ranch Style beans, taco seasoning, and juice from drained tomatoes. Heat mixture in skillet for 2 to 3 minutes. Remove mixture from heat and place in a large serving bowl. To the meat mixture add the tomatoes, tortilla chips, lettuce and shredded cheese. Toss lightly or layer and serve warm. May garnish with sour cream. Serves 4-6. 497 calories per serving.

Bryce Killian
Junior
Main Dish Salad
Sherman

Hot Chicken Salad

2 cups cooked cubed chicken breast meat
1 cup diced celery
½ cup chopped onion
¼ cup diced bell pepper or 2 Tablespoons pimento peppers
½ cup slivered almonds
½ teaspoon salt
½ teaspoon pepper
2 tablespoons fresh lemon juice
¾ cup mayonnaise
1 cup grated sharp Cheddar
1 cup crushed potato chips

Preheat oven to 350° F. Spray a 13 by 9-inch baking dish with vegetable oil cooking spray.

In a large mixing bowl combine the chicken, celery, onions, peppers, almonds, salt, pepper, lemon juice, mayonnaise, sour cream and cheese. Place the mixture in the prepared baking dish. Spread the crushed potato chips on top. Bake for 20 minutes, or until bubbly.

Quick Game Day Tuna Salad

1 (6 ounce) can tuna, drained
1 tablespoon lemon juice
½ teaspoon black pepper
2 tablespoons mayonnaise
1 tablespoon dill pickle relish
½ stalk celery, chopped
1 hard-cooked egg, chopped

Combine all ingredients in a medium bowl. Mix with a fork until well blended. Chill until serving time. Serve with bread or crackers.
