

Olivia Horner  
Intermediate  
Vegetable Salad  
Carson

## ORANGE CHICKEN SPINACH SALAD

### Ingredients:

6 oz fresh Baby Spinach (8 cups)  
3 cups cubed cooked Chicken Breast  
1 can (15 oz) Mandarin Oranges, drained  
1 medium Sweet Red Pepper, chopped  
½ cup chopped Red Onion  
2 Tablespoons Orange Juice  
2 Tablespoons Cider Vinegar  
1 Tablespoon Olive Oil  
½ teaspoon Italian Seasoning  
1 Garlic Clove, minced  
1/8 teaspoon Salt  
2 Tablespoons crumbled Goat Cheese

### Directions:

In a large bowl, combine the first five ingredients.  
In a small bowl, whisk orange juice, vinegar, oil, Italian seasoning, garlic and salt.  
Drizzle oil mixture over the salad and toss to coat.  
Top with cheese and serve.

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Lizzy Devoll  
Intermediate  
Vegetable Salad  
Gray

## CHERRY CAPRESE SALAD

### ***Prep time 10 min, Serves 6-8***

10 ounce washed cherry tomatoes  
2 medium sized, washed, peeled, sliced avocados  
1 cup drained green olives  
8 ounce fresh, drained mozzarella balls  
Oil and vinegar dressing to taste

Toss all ingredients in salad bowl being careful not to mush the avocado too much, add olive oil/vinegar dressing to taste. Serve immediately. If needing to prepare ahead of time, leave out avocado and dressing until ready to serve.

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### ROASTED CORN AND QUINOA SALAD

1 cup quinoa  
2 cups low sodium chicken broth  
2 corn cobs, roasted  
1 avocado, diced  
2 cups diced tomatoes  
½ cup diced red onion  
½ cup cilantro tomatillo dressing  
1/3 cup cilantro, chopped for garnish  
1 lime  
Dressing:  
1 4-ounce packet of dry ranch dressing mix  
1 cup mayonnaise  
1 cup buttermilk  
2 tomatillos, (husk removed), diced  
½ bunch fresh cilantro  
1 lime  
1 jalapeno

Prepare quinoa in chicken broth according to direction on the package. Cover the corn with butter, salt and pepper. Roast on a grill at high heat (400 degrees Fahrenheit), rotating cobs so all sides begin to char and kernels begin to pop. Prepare dressing while the corn cools. Place the ranch dressing mix, mayonnaise, buttermilk, tomatillos, cilantro, lime juice and jalapeno in the blender and blend until smooth. Remove kernels from the cob. Mix together quinoa, corn, avocado, tomatoes and red onion. Add in dressing and stir to coat. Squeeze the juice of one lime over the top. Garnish with additional cilantro.

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Kate Tretow  
Intermediate  
Vegetable Salad  
Oldham

### VEGETABLE AND PASTA SALAD

1 pound of rotelle pasta  
1 tablespoon extra virgin olive oil  
1 cup Italian dressing  
1/2 cup sliced olives  
1/2 cup of cherry or grape tomatoes  
1 large cucumber  
3 Mozzarella Cheese Sticks Reduced Fat  
3 tablespoons McCormick Salad Supreme

Boil the pasta in water until cooked, then drain and put it in the fridge so it is chilled. Once pasta is chilled, add the tbsps of Olive Oil and stir to separate the pasta. Add the 1 cup of Italian Dressing and stir well. Slice cucumbers, then cut slices into fourths. Cut tomatoes into fourths. Slice cheese sticks and cut slices into fourths. One at a time, add the cucumbers, the cheese and the olives to the pasta and stir. Fold in tomatoes and Salad Supreme. Chill until serving.

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Sedona Bailey  
Intermediate  
Vegetable Salad  
Potter

## **BLT SALAD**

### **Ingredients:**

10 slices of bacon  
3 cups of crispy romaine lettuce  
1 to 2 cups of spinach  
1 medium tomato or 12 cherry tomatoes  
1 cup of bow tie pasta  
Salt to taste  
¼ cup of olive oil herb salad dressing

### **Directions:**

Cook bacon, pat excess oil off with paper towel, cut into bite size pieces.  
Cook bow tie pasta. Drain and rinse with cold water.  
Wash lettuce and spinach. Tear lettuce pieces into bite size.  
Wash and dice tomatoes.  
Mix all the above ingredients together in a large bowl.  
Stir in salad dressing.  
Season to taste with salt.

Serving size 1 cup  
Serves 6  
Prep time 20 minutes