

Summer Salads and Salsas



Menu Makers Peach Ambrosia Salad

You will need:

1 (15 oz.) can sliced peaches, well drained	1 (8 oz.) tub whipped topping, thawed
1 (20 oz.) can pineapple, well drained	1 cup green or red grapes, halved
1½ cups sweetened coconut flakes	1½ cups mini marshmallows
1 cup sour cream	½ cup chopped pecans (optional)

fresh chopped red apples, canned mandarin oranges, maraschino cherries, or other fruits of choice, (optional)

Instructions:

- Drain all fruit ingredients **very well**. In a medium bowl, combine whipped topping and sour cream.
- Add coconut flakes and marshmallows. Gently fold in fruit and nuts. Cover bowl with plastic wrap.
- Refrigerate for at least one hour before serving.

Menu Makers Pinto Bean Salad

You will need:

2 cups COOKED pinto beans	2 tbsp. mild white vinegar	1 - 2 tbsp. fresh lime juice
1 or 2 avocados, sliced into ½ in. squares	½ cup finely chopped red onion	½ - ¾ cup finely chopped cilantro
1 cup cherry tomatoes cut in halves	1 - 2 tbsp. olive oil	salt and pepper to taste

Instructions:

- Blot cooked pinto beans with a paper towel and put into a bowl. Toss with vinegar.
- Allow beans to marinate while preparing other ingredients. Cut avocado(s) into ½ in. cubes.
- Cut cherry tomatoes into halves or quarters. Chop red onion and cilantro.
- Mix onions and cilantro into beans. Gently fold in avocado and tomato.
- Drizzle salad with olive oil. Season to taste with salt and pepper.
- Add more lime juice or olive oil if desired. Serve right away.

Menu Makers Cranberry Relish/Salsa

You will need:

1 bag fresh cranberries, washed 1 unpeeled orange, washed, quartered, seeded $\frac{1}{2}$ cup light corn syrup
1 cup finely chopped walnuts 1 large, unpeeled apple, washed quartered, seeded $\frac{1}{2}$ cup sugar

Instructions:

- Chop cranberries, walnuts, apple and orange separately using a food processor, blender or by hand.
- If using a blender, chop small amounts at a time. Chop into fine or medium size pieces.
- Mix sugar and light corn syrup together. Add more sugar if desired. Mix all ingredients together.
- Chill several hours before serving. Refrigerates well for several days.

Menu Makers Fruit Curry Salad

You will need:

$\frac{1}{2}$ cup mayonnaise $\frac{1}{2}$ cup sour cream 4 cups cubed cooked chicken
1 (20 oz.) can pineapple tidbits 1 cup halved seedless grapes $\frac{1}{2}$ tsp. curry powder
fresh cilantro leaves, optional Bibb lettuce leaves, optional

Instructions:

- In a large bowl, combine the chicken, pineapple and grapes.
- In a small bowl, combine mayonnaise, sour cream, and curry powder. Pour over chicken mixture.
- Toss to coat. Cover and refrigerate until serving. Top with cilantro and serve in lettuce leaves.

Menu Makers Turkey Salad

You will need:

2 cups diced cooked chicken or turkey 12 oz. bow-tie pasta $\frac{1}{2}$ cup celery, chopped
 $\frac{1}{4}$ cup chopped green onion $\frac{1}{3}$ cup pecans or walnuts, sliced and roasted $\frac{2}{3}$ cup dried cranberries
1 cup of bottled and chilled coleslaw dressing

Instructions:

- Place sliced nuts in a small non-stick pan and cook over medium heat until lightly browned.
- Cook pasta al dente according to package instructions. Allow pasta to cool.
- Toss all ingredients together in a larger bowl and chill at least one hour before serving.

Menu Makers Refreshing Peach Salsa

You will need:

1 (15 oz.) can sliced peaches, drained 1 (15 oz.) can unseasoned diced tomatoes
 $\frac{1}{2}$ cup finely chopped cilantro $\frac{1}{2}$ medium red onion, finely diced 1 tsp. minced garlic, optional
1 minced fresh jalapeno pepper 2 tbsp. lime juice, squeezed salt and pepper to taste

Instructions:

- Place all ingredients in a large bowl and gently stir together. Refrigerate overnight to enhance flavor.

Brown Rice Fruit Salad

You will need:

3 cups **COOKED** brown rice 1 (15 oz.) can mandarin oranges (drained) or 2 oranges peeled and cut into chunks
 $\frac{1}{3}$ cup dried cranberries 2 green onions, chopped (use the mild green end of the onion)
 $\frac{1}{3}$ cup diced celery $\frac{1}{4}$ cup parsley, chopped

Dressing: $\frac{1}{4}$ cup oil 2 tbsp. lemon juice 1 tsp. sugar $\frac{1}{4}$ tsp. cinnamon salt to taste

Instructions:

- Blend salad ingredients. Add dressing and mix gently. Add salt to taste.

