

# 2022 Menu Makers 50<sup>th</sup> Anniversary

## Salsa and Salad Recipes



Neighbors, Inc., South St. Paul, MN 55075

### 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.

### Spinach Strawberry Salad

**You will need:**

1 (10 oz.) package of fresh spinach, rinsed, dried, and torn into bite-sized pieces	$\frac{1}{2}$ cup white sugar	
$\frac{1}{2}$ cup olive oil	$\frac{1}{4}$ cup distilled white vinegar	$\frac{1}{4}$ tsp. paprika
$\frac{1}{4}$ tsp. Worcestershire sauce	2 tbsp. sesame seeds, optional	$\frac{1}{2}$ cup crumbled blue cheese
$\frac{1}{4}$ cup slivered almonds, blanched (optional)	1 small red onion, thinly sliced	1 quart strawberries, sliced
1 can of mandarin oranges, drained (optional)		

**Instructions:**

- In a medium bowl, whisk together sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, and Worcestershire sauce. Cover and chill for 1 hour.
- In a large bowl, combine spinach, strawberries, mandarin oranges, red onion, and almonds.
- Pour dressing over salad and toss.
- Refrigerate 10 - 15 minutes before serving.

### 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.
- Is 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.

## Cowgirl Caviar

### You will need:

1 (15 oz.) canned corn, drained	1 cup cherry tomatoes, chopped	1 (15 oz.) can black beans, rinsed
1/3 cup red onion, diced	2 jalapenos, diced	¼ cup chopped fresh cilantro
1 cup green bell pepper, chopped	1 tsp. salt	3 tsp. fresh lime juice or vinegar
2 tbsp. honey	1 tsp. chili powder	¼ tsp. cumin      1 tsp. olive oil

### Instructions:

- Heat a medium cast-iron skillet over medium-high heat until hot. Add oil and corn.
- Stir until slightly browned. Add cumin and chili powder. Stir occasionally. Remove from heat.
- Stir in bell pepper. Add those ingredients to a large bowl. Add onion, tomatoes, jalapeno, and cilantro.
- Set aside. In a small bowl, whisk lime juice, honey, and salt together.
- Pour over corn mixture and stir to coat. Add more salt and/or lime juice if needed. Serve with chips.

## Patriotic Pear Salad

### You will need:

1 (15 oz.) canned sliced pears, drained	1 ½ cups fresh strawberries, stemmed and quartered
1 tbsp. grated lemon zest	2 tbsp. fresh lemon juice      1 tbsp. sugar or honey
1 cup fresh blueberries	

### Instructions:

- Stir together lemon zest, lemon juice, and sugar in a small bowl.
- Combine sliced pears, strawberries, and blueberries in a medium bowl.
- Just before serving, spoon lemon mixture evenly over fruit; gently toss.

## 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.

## 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 fruit 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.