

Salad Recipes



Jasmine Rice Salad

Ingredients

ITEM#	ITEM	AMT
26870	Jasmine Rice, cooked, cooled	2 lb
97665	Snow Peas, julienne cut	1 lb
97326	Red Pepper, julienne cut	1 lb
96740	Carrot, julienne cut	1 lb
99365	Mango, julienne cut	1 lb
63506	Almond Slivers, toasted	8 oz
97673	Scallions, sliced thin	1 cup
18610	Sesame Ginger Dressing	

Method

1. Combine ingredients in stainless steel bowl.
2. Refrigerate for service.

Kansas Medley Rice Salad

Ingredients

ITEM#	ITEM	AMT
38420	Kansas Medley Rice, cooked, cooled	2 lb
22510	Dried Cherries, chopped coarsely	1 lb
98657	Orange segments	10 each
99080	Pecans, chopped coarsely	8 oz
97626	Parsley, fresh chopped	2 cups
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste

Dressing

ITEM#	ITEM	AMT
98981	Lemon, juiced and zested	1 each
98657	Orange, juiced and zested	1 each
31201	Ground Cumin	1 tsp
99711	Garlic, minced	1 tsp
99826	Jalapeno, minced	2 each
91943	Fresh Cilantro, chopped	2 tsp
33961	Honey	2 tbs
31891	Extra Virgin Olive oil	8 oz

Method

1. In stainless steel bowl combine juice of orange and lemon, cumin, garlic, cilantro, jalapeno, and honey and mix well.
2. Slowly add olive oil whisking continuously, add zest and season with salt and pepper, set aside
3. In separate bowl combine salad ingredients and toss gently with dressing, serve immediately on chilled salad plates or serving platter

Salad Recipes



Tuscan White Bean Salad

Ingredients

ITEM#	ITEM	AMT
21890	White Kidney Beans, drained, rinsed	1 can
98007	Baby Spinach	1 lb
31891	Extra Virgin Olive Oil	2 oz
97455	Tomato, diced 1/2"	1 lb
97256	Fresh Basil, chopped	2 cup
99711	Garlic, minced	2 tbs
31891	Olive oil	8 oz
46356	Red Wine Vinegar	4 oz
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste

Method

1. Drain and rinse beans and set into stainless steel bowl.
2. Stir fry spinach with 2 oz olive oil and garlic, season with salt and pepper, cooking till just wilted, spread out on sheet pan to quickly cool.
3. Combine spinach, basil and tomato with beans and add olive oil and red wine vinegar, adjust seasoning.
4. Store in shallow container, label, date and refrigerate.



Broccoli Rabe Orzo Salad

Ingredients

ITEM#	ITEM	AMT
38810	Tri-color Orzo, cooked, cooled	2 lb
62690	Santa Fe Mix (yellow/red peppers, Spanish onion, green onion)	1 lb
98454	Broccoli Rabe, cleaned trimmed, blanched	2 lb
98325	Cherry tomatoes, halved	2 pt
99711	Garlic, minced	2 tsp
97525	Lemons, juiced	4 each
31891	Extra Virgin Olive Oil	1 cup
97256	Fresh Basil, chopped	4 cups
97626	Fresh Parsley, chopped	2 cups

Method

1. In hot sauté pan place 4 tablespoons of olive oil and garlic. When garlic sizzles, add broccoli rabe and cook over high heat for 45 seconds, keeping crisp and green, set aside to cool.
2. In stainless steel bowl combine orzo, Santa Fe mix, cherry tomatoes, basil, parsley and cooled broccoli rabe.
3. Whisk together lemon juice and remaining olive oil and pour over salad.
4. Season with salt and pepper.
5. Store in shallow container, label, date and refrigerate.

Salad Recipes



Barley and Corn Salad with Arugula and Green Beans

Ingredients

ITEM#	ITEM	AMT
27340	Barley, cooked, cooled	2 lb
08360	Corn Kernels	1 lb
99535	Arugula, chopped	3 cups
96985	French Green Beans, blanched and cut into 1"	2 lb
55300	Goat Cheese, crumbled	8 oz
99905	Shallots, chopped fine	2 each
99681	Fresh Thyme, chopped	2 tbl
99321	Fresh Rosemary, chopped	2 tbl
45806	White Wine Vinegar	¼ cup
97631	Parsley, chopped	1 cup
31891	Olive Oil	1 cup
18540	Mustard	2 tbl
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste

Method

1. In stainless steel bowl combine barley, corn, arugula, parsley and green beans and gently mix.
2. In separate bowl combine shallots, rosemary, thyme, vinegar and mustard and slowly incorporate olive oil.
3. Combine dressing with salad and season with salt and pepper.
4. Place into serving bowl and top with crumbled goat cheese.

Barley Salad with Red Peppers, Corn and Grilled Portobello

Ingredients

ITEM#	ITEM	AMT
27340	Barley, cooked	2 lb
74034	Red Pepper ¼" dice	2 cups
08360	Corn kernels	2 cups
98700	Portobello, grilled, de-stemmed and dice ½"	2 cups
97405	Scallions ¼" dice	2 cups
91945	Cilantro, fresh chopped	1 cup
97825	Lime Juice, fresh	¼ cup
18390	Roasted Garlic	1 tbl
31891	Extra Virgin Olive Oil	¾ cup

Method

1. Combine barley, red pepper, corn and grilled portobello in stainless steel bowl and gently mix.
2. In separate bowl combine cilantro, lime juice and garlic and slowly whisk in olive oil.
3. Add dressing to salad and mix well.
4. Store in shallow container, label, date and refrigerate.

Salad Recipes



Couscous with Chick Peas

Ingredients

ITEM#	ITEM	AMT
21480	Couscous, cooked, cooled	1 lb
44761	Chick peas, drained	4 cups
66881	Roasted Peppers, diced 1/2"	4 cups
97631	Parsley, chopped, fresh	3 cups
45800	White Wine Vinegar	1/2 cup
33961	Honey	2 tbl
31891	Extra Virgin Olive Oil	1 cup
31201	Ground Cumin	2 tsp
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste

Method

1. Combine couscous, chick peas, roasted peppers and parsley in stainless steel bowl and gently mix.
2. In separate bowl whisk together vinegar, cumin, oil and honey.
3. Pour on top of salad and gently mix, season with salt and pepper.
4. Store in shallow container, label, date and refrigerate.



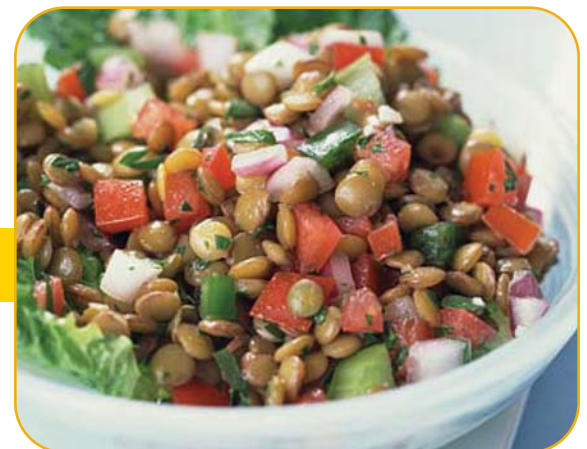
Garden Lentil Salad

Ingredients

ITEM#	ITEM	AMT
98325	Cherry Tomatoes, halved	1 pint
91260	Radishes, matchstick cut	1 cup
97870	Red Onion, 1/4" dice	1 cup
97631	Fresh Italian Parsley, chopped	1 cup
62441	Feta Cheese	2 cups
99523	Lemon Juice, fresh squeezed	1/4 cup
31891	Extra Virgin Olive Oil	1/2 cup
27350	Lentils, cooked, cooled and rinsed	1 lb
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste

Method

1. Mix all ingredients in stainless steel bowl and gently combine.
2. Add lemon juice and olive oil and season with salt and pepper.
3. Set into shallow pan, label, date and refrigerate.



Salad Recipes



Mediterranean Couscous Salad with Roasted Vegetables

Ingredients

ITEM#	ITEM	AMT
21480	Couscous, cooked, cooled	2 lb
91780	Grilling Vegetables	2 ½ lb
36215	Olives, chopped	1 cup
66810	Capers	1 cup
97208	Tomatoes, diced ½"	2 cups
99905	Shallots, chopped fine	2 each
99681	Fresh Thyme, chopped	2 tbl
99321	Fresh Rosemary, chopped	2 tbl
45806	White Wine Vinegar	
97631	Parsley, chopped	1 cup
31891	Extra Virgin Olive Oil	1 cup
18540	Mustard	2 tbl
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste

Method

1. In large bowl place grilling vegetables and drizzle with olive oil, salt and pepper and roast on sheet pan till tender.
2. Set vegetables aside to cool and then dice to ½".
3. Combine with couscous, tomato, capers and olives.
4. In separate bowl add white wine vinegar, chopped shallots, mustard, fresh rosemary and thyme and slowly whisk in olive oil.
5. Add dressing to salad and mix well.
6. Store in shallow container, label, date and refrigerate.

Mixed Bean and Grain Salad

Ingredients

ITEM#	ITEM	AMT
38330	Golden Jewel Rice Blend, cooked and cooled	2 lb
76040	Red Peppers, diced ½"	3 cups
97665	Snow Peas, julian cut	3 cups
99711	Garlic, minced	2 tbl
99905	Shallots, chopped fine	2 each
98611	Ginger, minced	2 tbl
33061	Soy sauce	
67051	Rice Wine Vinegar	¼ cup
97631	Parsley, chopped	1 cup
30286	Peanut Oil	1 cup
21836	Honey	¼ cup

Method

1. Combine rice medley, peppers, snow peas in bowl and mix well.
2. In separate bowl add garlic, shallots, ginger, soy sauce, rice wine vinegar and honey, slowly whisk in peanut oil.
3. Add dressing to salad and mix well.
4. Store in shallow container, label, date and refrigerate.

Salad Recipes



Orzo and Artichoke Salad

Ingredients

ITEM#	ITEM	AMT
28870	Orzo Pasta, cooked, cooled	2 lb
43895	Artichoke hearts, quartered	1 #10 can
66881	Roasted peppers, diced ¼"	2 cups
97631	Italian Parsley, fresh chopped	2 cups
97256	Fresh Basil, chopped	2 cups
18175	Balsamic Vinaigrette	1 ½ cups
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste

Method

1. Combine all ingredients in stainless steel bowl and gently mix.
2. Season with salt and pepper.
3. Store in shallow container, label, date and refrigerate.



Farro Salad with Grilled Asparagus and Bell Peppers

Ingredients

ITEM#	ITEM	AMT
38870	Farro	2 lbs
97002	Asparagus	1 lb
97326	Bell Peppers (2 red, 2 yellow)	4 ea
97870	Onion, diced	1 ea
31891	Extra Virgin Olive Oil	1 cup
18091	Balsamic Vinegar	½ Cup
26771	Kosher Salt	to taste
42526	Freshly Ground Pepper	to taste

Method

1. Cook Farro according to package directions and chill immediately.
2. Lightly coat asparagus and bell peppers with olive oil and salt and pepper. Grill asparagus and bell peppers until tender and chill.
3. Heat 1 tablespoon extra virgin olive oil and sauté onions until transparent. Transfer onions to a medium bowl and cool at room temperature.
4. Add balsamic vinegar to onions and slowly whisk in olive oil. Season with salt and pepper (and sugar if desired) to taste and mix well with Farro.
5. Gently stir in bell peppers and asparagus and chill for at least one hour before service.