



Salad Suggestions



- Buffalo Chicken Caesar Salad
- Frisee and Romaine with Sliced Pears, Brie, Walnuts and Tangerine Balsamic Vinaigrette
- Cajun Chicken and Pasta Salad [with Israeli Mix Vegetables]
- Farro Salad with Grilled Chicken, Caramelized Apples, Pears and Sundried Cranberries
- Asian Chicken Noodle Salad
- Sliced Steak Caesar Salad
- Baby Greens and Grilled Salmon Salad with Sesame Vinaigrette



J. KINGS
HOMEMADE
DELI SALADS

- Coleslaw
- Pasta Salad
- Potato Salad

Blood Orange Salad

Ingredients

ITEM#	ITEM	AMT
99981	Blood Oranges	8
97915	Shaved Red Onions	½ lb
31891	Extra Virgin Olive Oil	1 ½ oz
26770	Kosher Salt	to taste
42526	4 Color Peppercorns	to taste

Method

- Peel and slice the oranges, arrange on small platter.
- Lay the onions over the top.
- Drizzle with the oil.
- Season with salt and pepper.

Japanese Cucumber Salad

Ingredients

ITEM#	ITEM	AMT
93555	Cucumbers, peeled, sliced thin	2 each
97676	Scallions (sliced thin)	6 each
50280	Rice Wine Vinegar	2 tblspn
33060	Soy Sauce	4 tblspn
30671	Sesame Oil	2 tspn
31325	Splenda	1 packet

Method

- In large stainless bowl whisk together vinegar, soy sauce, sesame oil, splenda.
- Add sliced cucumbers and scallions, let sit for 1 hour refrigerated.
- Serve.



Salad Recipes



Grilled Vegetable Salad with Sun Dried Tomato

Ingredients

ITEM#	ITEM	AMT
91780	Grilled Vegetable Mix	5 lb
66885	Sun Dried Tomato (julian cut)	1 cup
18370	Sun Dried Tomato Balsamic Vinaigrette	1 cup
30200	Olive Oil	½ cup
54010	Parmesan Cheese (shredded)	1 cup

Method

- In stainless bowl combine grilled vegetable mix with olive oil and season with salt and pepper.
- Bake on sheet pan at 350° for 20 minutes or grill on char grill till done.
- Set aside and let cool.
- Cut vegetables into more appropriate size for salad.
- Combine with pasta, sun dried tomato, dressing and parmesan cheese.
- Refrigerate for service.

Yields approximately 10 lbs of salad.

Fennel Citrus Salad

Ingredients

ITEM#	ITEM	AMT
98954	Fennel Bulbs, sliced very thin, julian cut	2 head
97915	Red Onion, sliced very thin	1 cup
99981	Blood Oranges	2 each
98578	Tangerines	2 each
97850	Grapefruit	1 each
48880	Champagne Vinegar	2 tbl
31891	Olive Oil	3 tbl
24031	Blood Orange Puree	2 tsp
33995	Wildflower Honey	1 tsp
99675	Chives	2 tbl

Method

- Zest oranges, tangerines and grapefruit and set aside.
- Peel oranges, tangerines and grapefruits and segment cleanly, no white.
- Combine citrus segments, zest, fennel, chives, red onion in stainless steel bowl.
- In separate bowl whisk together vinegar, olive oil, blood orange puree and honey, adjust seasoning with salt and pepper.
- Pour dressing on top of salad and let sit for at least 30 minutes.
- Date, label and refrigerate.



Heart Healthy Choices



Item	Item #
Oven Roasted Turkey Sandwich	10047
Lettuce and Tomato	
Fat Free Honey Dijon	17851
Baked Lemon and Cilantro Chicken	98625
Lemon Vinaigrette	19940
Cilantro	91945
Fat Free Virginia Ham and	10540
Low Fat Alpine Lace Swiss Cheese	61020
Lettuce and Tomato	
Dijon Mustard	66821
Pan Seared Cajun Salmon	12055
With Salad	
Cajun Spice	45791
Grilled Teriyaki Chicken	
With Salad	
Sauce Teriyaki Glaze	33100
Grilled Chicken Parmigiana	
1 Sauce	43450
2 Cheese	53451
Pasta	14835

