


Gina's Corner
Its Hot...
Bring on the Salads

There is a big difference between a side salad and a salad that's being eaten as a meal.

Start with a base of greens; this could be baby spinach, lettuce or some mixed lettuce. Then add vegetables, you eat with your eyes first, so use colourful vegetables such as tomatoes, carrots, colourful peppers and cucumber. At this stage, the salad still resembles something you would usually have before a meal, you need to add more to it.

When creating a meal salad consider adding:

Protein - garlic chicken, sliced bbq beef, seafood (shrimp skewer, crab), hard boiled eggs or grilled tofu.

Fresh or Dry Fruit - strawberries, raspberries, sliced apples or pears, avocado, olives, mandarin or grapefruit canned or fresh, dried cranberries, raisins, apricots or sun dried tomatoes.

Cheese - feta, cheddar, mozzarella, blue cheese, goat cheese or fresh parmesan.

Add Crunch - sunflower or pumpkin seeds, sliced almonds, peanuts, cashews, walnuts, rice noodles, croutons, popcorn shrimp, crispy bacon or pickles.

Try experimenting with other bases for your salads such as; pasta, quinoa, beans, potatoes and roasted or steamed vegetables, instead of greens.

Now that you've added the essential ingredients, toss with a dressing of your choice. We offer a wide variety of dressings to choose from. Mix two dressings together to create your own signature dressing. Yogourt mixed in with garlic is an easy option, or simply make a vinaigrette with balsamic vinegar, herbs and a quality olive oil.

Salad Tips

- The ratio for a vinaigrette is typically 3 parts oil to 1 part vinegar or lemon juice.

- Make a quick avocado dressing by combining half an avocado with a cup of vinaigrette in a blender or food processor. Process until smooth.

- Fruit juices such as pineapple, orange or mango can be used as salad dressing by adding a little vegetable oil, a dash of nutmeg and honey if desired. Delicious on fruit, seafood, or mixed greens.

- When making potato salad, marinate still-warm potatoes in a little vinegar and oil; this will add flavour to the finished salad. Or, dress the potatoes while still quite warm, then refrigerate to cool quickly.

- Chill the serving plates to keep your salad crisp longer.

- If making pasta salad, cook until very al dente; the pasta will then be able to absorb some of the dressing and remain firm.

- Hot pasta can be combined with vinaigrette, but cool at least to room temperature before adding herbs and vegetables to keep them from wilting.

- When using long noodles, rinse with cold water to remove excess starch to prevent clumping.



BBQ Steak & Roasted Pepper Salad



INGREDIENTS

5 cups torn romaine lettuce
2 small plum tomatoes, sliced
1 yellow pepper, halved, grilled and cut into strips
1 lb. beef steak, grilled, sliced
1/2 cup shredded cheddar cheese
1/2 cup Italian Dressing

DIRECTIONS

Season steak with salt and pepper and grill steak to desired doneness. Cut peppers in half, brush with Italian dressing and grill for about 3-4 min on each side. To build the salad; cover 4 salad plates with romaine. Top with tomatoes, peppers, meat and cheese. Drizzle with dressing just before serving.

Mediterranean Pasta Salad



INGREDIENTS:

12 ounces dry penne pasta
1/4 cup olive oil
3 tbsp balsamic vinegar
1/2 tsp salt
1/4 tsp black pepper
1 clove fresh minced garlic
2 diced fresh tomatoes
6 sundried tomatoes, chopped
1/2 cup diced fresh mozzarella cheese
1/2 cup sliced kalamata olives
1 tbsp fresh basil
3 tbsp grated parmesan cheese

DIRECTIONS

Cook pasta according to package directions. For dressing; whisk together olive oil, balsamic vinegar, salt, pepper and garlic. Toss hot pasta with dressing until well coated. Mix in fresh tomatoes, sun-dried tomatoes, basil, mozzarella, and olives. Toss evenly. Sprinkle with parmesan cheese.

Warm Calamari Salad



INGREDIENTS

1 lb. calamari rings
2 lb. roasted potatoes (from the night before)
1/2 cup green beans
1/2 cup red pepper, sliced
1 can (275gr.) quartered artichoke hearts
1 handful black olives
1/2 small onion, sliced
1 teaspoon chopped garlic
1 tsp. paprika
1 pinch chili flakes
50 ml. dry white wine
2 tbsp. vegetable oil
1 tsp lemon juice, salt and pepper to taste.

DIRECTIONS

Heat the oil in a large heavy skillet and saute the onion, garlic, artichoke, olives, red peppers and green beans at high temperature for 2 minutes. (The green beans should be blanched in boiling water before using). Add the roasted potatoes and saute for 2 minutes more. Add the calamari and cook at high temperature for about 3 minutes more. Deglaze with the white wine and season the calamari salad with the paprika, chili flakes, lemon juice, salt and pepper. Serve the calamari salad on a large dinner plate lined with a little spring mix salad.

Go to our website for a full list of
the products that will help make
your summer salads great!

www.findlayfoods.com

Findlay
Foods (Kingston) Ltd.

659 Justus Dr. Kingston ON K7M 4H5
Tel: (613) 384-5331 or 1-800-267-2596
Fax: (613) 384-9290 www.findlayfoods.com