

## Spring and Summer Salads

Back in the **early salad eating days** (circa 1st century CE), ancient Greeks and Romans gathered and layered raw vegetables, drizzling vinegar, oil, and herbs over top to create the world's first salad.

During this healthy, raw food diet craze, **Hippocrates** sparked a huge debate when he declared that eating raw vegetables in a salad before supper helps clear the intestines of obstructions. Critics backlashed and said that the vinegar of dressing affected the flavor of wine, so salads should be eaten after the main course. Today, most salads are happily consumed before the main course.

**Flash forward to the Middle Ages** – Artistic transformations and revivals were made during this Renaissance period, including green leafy experimentation. The dinner salads that were created during this time are extremely similar to the ones we still eat and enjoy today.

**Today**, salads are available in almost every restaurant, cafe, and even gas station around the country. But what did the United States do to create their own salad tradition? As Todd Frye from the nostalgic Pop-Cult website eloquently puts it, “As an American food, salads were relatively unimportant until the back to nature movement of the 60's. This was a meat and potatoes nation well through the T-bone-on-the-grill fifties.”

### Popular Salads:

Caesar: Invented in 1903 Giacomo Junia, an Italian cook in Chicago, Illinois. Giacomo called the salad Caesar Salad after Julius Caesar, the greatest Italian of all time  
OR

Invented in 1924 by Caesar Cardini, who invented it in Tijuana, Mexico in 1924 on the Fourth of July weekend. It is said that on this busy weekend, Cardini was running low on food and he put together a salad for his guests from what was left over in the kitchen. His original recipe included romaine, garlic, croutons, and Parmesan cheese, boiled eggs, olive oil and Worcestershire sauce.

Cobb: It was the invention of restaurant manager, Bob Cobb, at The Brown Derby restaurant in Los Angeles, found a way to use up leftovers.

Waldorf: A classic American fruit salad that usually consists of apples, lemon juice, celery, walnuts, and mayonnaise was invented in 1893 by Oscar Michel Tschirky maitre d'hotel of New York's Waldorf Astoria Hotel. It was created for a private party on the pre-opening.

*Kristyn Slick*

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## Chicken Avocado Caprese Salad

### Salad

- 1 pkg (5 oz) baby arugula
- 6 oz deli smoked chicken breast, cut ½" thick
- 1 avocado, halved, seeded and peeled
- 1 cup cherry tomatoes
- 1 container (7 oz) Ciliegine fresh mozzarella balls (cherry size)
- 1/4 cup fresh basil leaves

### Dressing

- 1/2 cup vegetable or olive oil
- 1/4 cup balsamic or white wine vinegar
- 1/2 tbsp sugar
- 1 garlic clove, pressed
- 1/2 tsp Italian seasoning
- 1/4 tsp salt

For salad, place arugula in a large serving bowl.

Cut chicken into approximately 3x3" (8x8-cm) pieces and then into strips. Repeat with avocado, tomatoes and mozzarella.

Stack basil leaves; roll tightly and thinly snip with Kitchen scissors. Sprinkle snipped basil over salad.

For dressing, combine all ingredients in small bowl. Whisk until blended. Drizzle ¼ cup (50 mL) dressing over salad; toss lightly just before serving. Refrigerate remaining dressing for another use.

### Cook's Notes:

Arugula is a peppery, distinctive-tasting green that originated in the Mediterranean region. It's also known as rucola, salad rocket, and Italian cress.

This delicious green is a nutrient-dense food that is high in fiber and phytochemicals as well as calcium, potassium, Folate, Vitamin C, Vitamin K, and Vitamin A.

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## 7 Layer Tex-Mex Salad

### Salad

1 lb. chicken tenderloins  
1 tbsp Tex-Mex Rub or taco seasoning  
2 romaine hearts, trimmed (about 4–5 oz.)  
¼ head of purple cabbage, core removed  
8 oz. radishes, trimmed  
1 can (about 15 oz.) black beans, rinsed and drained  
1 pint cherry tomatoes  
4 oz. cheddar cheese (1 cup, grated)  
Dressing  
½ lime  
⅔ cup 2% plain low-fat Greek yogurt  
¼ cup milk  
1 tsp Tex-Mex Rub or taco seasoning  
½ tsp salt

Preheat a Nonstick Grill Pan over medium heat for 3–5 minutes. Season both sides of the chicken with the rub.

Cook the chicken for 6–8 minutes, turning halfway through cooking, or until the internal temperature reaches 165°F. Move to a medium bowl to cool.

Chop Romaine coarsely and add to a large serving bowl.

Slice cabbage coleslaw style. Place the cabbage in a row on one end of the bowl over the romaine. Chop the chicken and place it in a row next to the cabbage. Slice the radishes into rounds layer them next to the chicken. Place the beans in a row next to the radishes. Slice tomatoes in half. Place them in a row next to the beans. Place grated cheese in a row next to the tomatoes.

For the dressing, juice the lime with a citrus press into a small bowl. Add the remaining dressing ingredients and mix until combined. Pour ⅔ over the salad and reserve the remaining dressing for each portion.

### Cook's Notes:

Radishes may not be the most popular vegetable in your garden, but they are one of the healthiest. These undervalued root vegetables are packed with nutrients. They may even help or prevent some health conditions. Radishes have lots of small amounts of vitamins, minerals, and antioxidants and support a healthy digestive system.

Purple cabbage includes an impressive amount of nutrients. It helps fight inflammation, may promote heart health and strengthen your bones, and help gut health. Purple cabbage is an incredibly versatile vegetable. You can eat it raw or cooked, and it's well suited to accompany a variety of dishes.

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