

# WHAT'S COOKING @MCPL?

Cookbook Club

MAY 2023 RECIPES

*Salads*



# BEET SALAD WITH GOAT CHEESE

## Ingredients

- 4 medium beets, scrubbed, trimmed, and cut in half
- 1/3 cup chopped walnuts
- 3 Tbsp maple syrup
- 1 package (10 oz) mixed baby salad greens
- 1/2 cup frozen orange juice concentrate
- 1/4 cup balsamic vinegar
- 1/2 cup extra virgin olive oil
- 2 oz goat cheese

## Directions

1. Place beets in a saucepan and cover with water, bringing to a boil. Cook 20-30 minutes until tender. Drain and cool. Cut into cubes.
2. While beets are cooking, place walnuts in a pan on medium-low heat and toast until warm.
3. Stir in maple syrup and cook until evenly coated. Remove from heat and let cool. In a small bowl, whisk together orange juice concentrate, balsamic vinegar, and olive oil.
4. Place a large helping of salad greens on four plates, and evenly divide walnuts and beets over greens. Top with dabs of goat cheese and drizzle with dressing.

Serves 6

# CRAB LOUIS SALAD

## Ingredients

### Dressing:

- 1 cup mayonnaise
- 3 Tbsp ketchup
- 1 Tbsp sweet pickle relish
- 1 Tbsp fresh lemon juice
- 1 garlic clove, minced
- 1/2 tsp Worcestershire sauce
- 1/4 tsp sweet smoked paprika
- 1/4 tsp chili powder
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper

### Salad:

- 2 Romaine hearts, cut crosswise
- 1 seedless cucumber, thinly sliced or diced
- 4 medium tomatoes, cut in wedges
- 1 lb cooked crab meat, preferably dungeness
- 4 hard-boiled eggs, cut in wedges

## Directions

1. For Dressing: whisk together the mayonnaise, ketchup, relish, lemon juice, garlic, Worcestershire sauce, paprika, chili powder, salt, and pepper in a bowl.
2. Let dressing rest at room temperature for about 15 minutes.
3. For Salad: Arrange romaine hearts on a platter
4. Top lettuce with cucumber, tomatoes, crab meat, and eggs.
5. Drizzle dressing over the top or serve on the side.

# GARDEN BLT SALAD

## Ingredients

### Dressing:

1 cup mayonnaise  
1/4 cup lemon juice  
(freshly squeezed or bottled)  
4 tsp sugar  
1/8 tsp black pepper  
1/4 tsp celery salt  
Dash of garlic powder  
2 tsp granulated chicken  
bouillon

### Salad:

10 ounces garden rotini pasta  
cooked and drained  
8 slices bacon, cooked and  
crumbled  
1 tomato, seeded and  
chopped  
1/4 cup sliced green onions  
1/2 cucumber, sliced and  
quartered  
4 cups thinly sliced iceberg  
lettuce

## Directions

1. Combine dressing ingredients in a small bowl and mix until smooth. Refrigerate until ready to use.
2. In a large bowl, add salad ingredients.
3. Toss with dressing just before serving, adding gradually to coat.

Serves: 10 to 12

# ORIENTAL PHEASANT SALAD

## Ingredients

- 2 cups cut-up cooked pheasant or grouse
- 1 cup seedless green grapes
- 1 can (8 ounces) pineapple chunks, drained
- 1 can (8 ounces) sliced water chestnuts, drained
- 1/2 cup diagonally sliced celery
- 1 apple, cored and cut into 1/2-inch cubes
- 1 Tbsp fresh lemon juice
- 1/4 cup mayonnaise or salad dressing
- 1/4 cup dairy sour cream
- 1 tsp prepared mustard
- Lettuce leaves
- 1/2 cup chow mein noodles

## Directions

1. In large bowl, combine pheasant, grapes, pineapple chunks, water chestnuts, and celery.
2. In small mixing bowl, toss apple cubes with lemon juice; add to pheasant mixture.
3. In same small mixing bowl, blend mayonnaise, sour cream, and mustard; pour over pheasant mixture. Mix well; refrigerate at least 2 hours to blend flavors.
4. To serve, line chilled individual plates or large serving bowl with lettuce leaves; spoon pheasant mixture over leaves. Top with chow mein noodles

Serves: 4 to 6

# SWEET AND CREAMY PEACHY FRUIT SALAD

## Ingredients

- 2 1/2 cups peaches, diced
- 1 cup nectarines, diced
- 1/2 cup toasted almond slices
- 1/3 cup cream cheese, softened
- 3 Tbsp milk
- 2 tsp water
- 1/4 tsp vanilla extract

## Directions

1. Combine peaches, nectarines, and almond slices in a large mixing bowl.
2. Mix cream cheese, milk, water, and vanilla together in a small bowl. Mix thoroughly.
3. Pour the cream cheese mixture over fruit and mix well. Serve immediately or chill up to 1 hour before serving.

Serves: 4

# CRISP STRAWBERRY SPINACH SALAD

## Ingredients

- 4 cups baby spinach
- 1 cup hulled strawberries, sliced
- 1/3 cup red onion, chopped
- 1/3 cup baby carrots, julienned
- 1/4 cup French salad dressing
- 1 Tbsp roasted sunflower seeds

## Directions

1. Combine spinach, strawberries, onion, and carrots in a large salad bowl.
2. Add dressing to salad. Toss well to fully mix and coat.
3. Sprinkle sunflower seeds over salad.
4. Serve immediately.

Serves: 4

# CASHEW-CHICKEN ROTINI SALAD

## Ingredients

- 1 pkg (16 oz) rotini or spiral pasta
- 4 cups cubed cooked chicken
- 1 can (20 oz) pineapple tidbits, drained
- 1 1/2 cups sliced celery
- 3/4 cup thinly sliced green onions
- 1 cup seedless green grapes
- 1 cup seedless red grapes
- 1 pkg (6 oz) dried cranberries
- 1 cup ranch salad dressing
- 3/4 cup mayonnaise
- 2 cups salted cashews

## Directions

1. Cook the pasta according to package directions.
2. Meanwhile, in a large bowl, combine the chicken, pineapple, celery, onions, grapes, and cranberries.
3. Drain pasta and rinse in cold water; stir into chicken mixture
4. In a small bowl, whisk the ranch dressing and mayonnaise. Pour over salad and toss to coat.
5. Cover and refrigerate for at least 1 hour. Just before serving, stir in cashews.

Serves: 12



# CREAMY PEAR AND PINEAPPLE SALAD

## Ingredients

- 1 (29-ounce) can pears, juice reserved
- 1 (8-ounce) can crushed pineapple, juice reserved
- 1 small box lemon or raspberry gelatin
- 1 (8-ounce) package cream cheese
- 1 (12-ounce) container frozen whipped topping, thawed

## Directions

1. Combine pear and pineapple juices to equal 1 cup and bring to a boil in a small saucepan. Dissolve gelatin in juice.
2. Transfer to a medium bowl and place in refrigerator until gelatin just begins to set, about 30 to 40 minutes.
3. In a blender, combine pears and cream cheese together until smooth. Gently blend into gelatin.
4. Fold half of the whipped topping into gelatin mixture. Pour into a medium glass dish and chill until set.
5. Top with remaining whipped topping.

Serves: 7 to 9

# APPLE COLESLAW

## Ingredients

- 4 cups shredded cabbage
- 1 cup shredded carrot
- 1 Granny Smith apple, peeled, cored, and coarsely shredded
- 2 Tbsp honey
- 1 Tbsp brown sugar
- 2 tsp white vinegar
- 1 Tbsp pineapple juice (optional)
- 2 Tbsp mayonnaise
- Dash of salt
- 1 tsp ground black pepper

## Directions

1. In a large bowl, place cabbage, carrot, and apple, tossing to combine.
2. In a small bowl, stir together honey, brown sugar, vinegar, pineapple juice, and mayonnaise until honey and sugar have dissolved.
3. Pour over cabbage mixture and toss to coat.
4. Season with salt and pepper and toss again.
5. Cover and chill until ready to serve.

Serves: 12

# SNICKERS SALAD

## Ingredients

- 1 package (8 ounce) cream cheese, softened
- 1 cup powdered sugar
- 1 container (12 ounce) cool whip, thawed
- 6 Snickers candy bars
- 4-6 Granny Smith apples

## Directions

1. Mix cream cheese and powdered sugar until thoroughly blended.
2. Fold in Cool Whip
3. Cut Snickers bars into bite-size chunks and add to cream cheese mixture.
4. Chop apples into chunks and add to mixture. Stir.
5. Chill 60 minutes before serving.

Serves: 8

# TORTELLINI CAESAR SALAD

## Ingredients

- 1 package (9 ounces) frozen cheese tortellini
- 1/2 cup mayonnaise
- 1/4 cup milk
- 1/4 cup plus 1/3 cup shredded Parmesan cheese, divided
- 2 Tbsp lemon juice
- 2 garlic cloves, minced
- 8 cups torn romaine
- 1 cup seasoned salad croutons
- Halved cherry tomatoes, optional

## Directions

1. Cook tortellini according to package directions.
2. Meanwhile, in a small bowl, combine the mayonnaise, milk, 1/4 cup Parmesan cheese, lemon juice, and garlic; mix well.
3. Drain tortellini and rinse in cold water; place in a large bowl. Add the romaine and remaining Parmesan.
4. Just before serving, drizzle with dressing and toss to coat.
5. Top with croutons and tomatoes, if desired.

Serves: 10

# COOL RANCH TACO SALAD

## Ingredients

### Dressing:

- 2/3 cup vegetable oil
- 1/4 cup ketchup
- 1/4 cup distilled white vinegar
- 1 Tbsp sugar
- 1/2 tsp kosher salt
- 1/2 tsp cayenne pepper

### Salad:

- 1 large head iceberg lettuce, shredded
- 2 beefsteak tomatoes, cut into chunks
- 1 avocado, cut into chunks
- 1/4 cup sliced black olives
- 2 cups Cool Ranch Doritos (or other tortilla chips)
- 1/4 cup chopped red onion
- 1/2 cup sour cream

### Beef Mixture:

- 2 large ears corn, husked (or 1 1/2 cups corn kernels)
- 1 Tbsp canola oil
- 1 lb ground beef
- 1 Tbsp paprika
- 2 tsp ground cumin
- 2 tsp garlic powder
- 2 tsp dried oregano
- 1 tsp cayenne pepper
- 1 1/2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1 (15-ounce) can black beans, drained and rinsed
- 1/2 cup chopped fresh cilantro

## Directions

- 1. Make the dressing:** In a screw-top jar, shake to mix the oil, ketchup, vinegar, sugar, salt, and cayenne.
- 2. Make the beef mixture:** Heat a large dry skillet over high heat until really hot. Put the whole ears of corn in the pan and DFWD (don't f\*\*\* with it!) until the underside is charred, about 3 minutes. Keep cooking, turning two more times, until the corn is charred in spots all over, 8 to 9 minutes. Remove to a plate.

Source: *Cravings: Hungry For More* (Teigen)

# COOL RANCH TACO SALAD

## Directions, continued

1. **Make the beef mixture, cont:** If using corn kernels, char them in the dry skillet in a single layer, only stirring once or twice, until slightly blackened, about 6 minutes.
2. Let the pan cool a bit. Add the oil and heat over medium-high heat until shimmering-hot. Add the meat, breaking it up, until cooked through, 5 to 6 minutes.
3. Drain most of the liquid from the pan but leave enough to keep the meat juicy.
4. In a small bowl, combine the paprika, cumin, garlic powder, oregano, cayenne, salt, and black pepper. Add the spice mixture to the meat along with the black beans and 1/2 cup water. Cook, stirring gently, 5 minutes. Remove from the heat, let cool slightly, and stir in the cilantro.
5. **Make the salad:** Arrange the lettuce in a big salad bowl and top with the beef-bean mixture. Cut the corn from the cobs and add it to the salad with the tomatoes, avocado, and olives.
6. Pour the dressing over the salad and crumble the chips all over the top. Sprinkle with the onion and top with the sour cream.

Serves: 6 (as main course) or 8 to 10 (as appetizer)

Source: *Cravings: Hungry For More* (Teigen)

# ITALIAN PASTA SALAD

## Ingredients

- 16 oz. dry rotini
- 10 oz. hard salami, sliced 1/4-inch thick then chopped
- 3 cups (16 oz.) grape tomatoes, halved
- 1 (6 oz.) can black olives, sliced
- 2 cups chopped bell peppers (yellow and green)
- 1/2 cup chopped red onion
- 8 oz. fresh mozzarella pearls\*
- 3 oz. freshly grated parmesan\*\* (3/4 cup)
- 1/2 cup chopped fresh parsley
- 1/3 cup chopped fresh basil\*\*\*

### Dressing:

- 1 cup olive oil
- 1/4 cup fresh lemon juice
- 1 tsp dried oregano
- 2 tsp Dijon mustard
- 1 tsp honey
- 2 tsp minced garlic
- 1/2 tsp red pepper flakes, or to taste
- Salt and freshly ground black pepper

\*Chopped fresh mozzarella (log or ball shape) can be substituted; cut into small cubes

\*\*To grate parmesan, cut into chunks about 1-inch then add to food processor; process for a minute or until finely ground

\*\*\*1 1/2 tsp dried basil can be used in place of fresh but mix it into the dressing

# ITALIAN PASTA SALAD

## Directions

1. Cook pasta according to directions on package just barely to al dente. Reserve 1/2 cup pasta water then drain pasta.
2. Immediately transfer pasta to a rimmed 18x13-inch baking sheet and spread out to cool for 15 minutes.
3. While pasta is cooking and cooling, chop ingredients and prepare dressing.
4. For the dressing, whisk together olive oil, lemon juice, oregano, mustard, honey, garlic, red pepper flakes, and season lightly with salt and pepper to taste.
5. Add cooled pasta to an extra large bowl along with salami, tomatoes, olives, bell peppers, red onion, mozzarella pearls, parmesan, parsley, and basil.
6. Whisk dressing once more, then pour over ingredients in bowl along with 1/4 cup pasta water. Toss well to evenly coat. Thin with more pasta water as desired and season with more salt as needed.
7. Serve immediately or for a colder, more refreshing pasta salad, chill for 1 to 2 hours, or up to 3 days.

Serves: 12 (makes about 18 cups)