

21 Amazing & Healthy Salad and Dressing Recipes

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Cherry, Almond & Gorgonzola Salad

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This easy salad is a combination of flavors that is hard to beat. Any dried fruit can be substituted for the cherries. Dried cranberries or blueberries are good alternatives.

4 servings

Ingredients

- 6 oz. (approx. 6 cups) mixed greens
- 1/2 cup dried cherries
- 1/4 cup crumbled gorgonzola cheese
- 3-4 tablespoons raspberry vinaigrette (recipe on p. 16)
- 1/3 cup toasted sliced almonds

Directions

To toast almonds, spread in single layer on baking sheet and bake at 350 degrees 10-15 min., until fragrant and lightly browned. In large bowl, toss greens, cherries, and cheese with dressing. Sprinkle almonds on top.



Spinach Strawberry Salad

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A beautiful, refreshing, and delicious salad. This is one of the most popular recipes at The Yummy Life!

4 servings

Ingredients

- 6 oz. (approx. 6 cups) baby spinach leaves
- 1 pint (approx. 16 medium-size) fresh strawberries, hulled and quartered or sliced
- 1/4 cup thinly sliced red onion
- 1/4 cup crumbled feta cheese
- 3-4 tablespoons raspberry poppy seed dressing (recipe on p. 16)
- 1/2 cup candied pecan pieces*

Directions

In large bowl, toss spinach, strawberries, onion, and cheese with dressing. Sprinkle candy pecan pieces on top just before serving (so they remain crisp).

*for recipe to make your own candied pecans, go to: www.theyummylife.com/recipes/149



Harvest Salad

with Pears, Dried Figs & Pepitas

A distinctive blend of seasonal flavors that can easily be modified to suit your taste. This is a delicious lunch or dinner salad.

4 servings

Ingredients

- 6 oz. (6 cups) fresh salad greens
- 1/3 c. toasted pepitas*
- 1-2 pears, thinly sliced**
- 1/3 c. chopped dried figs
- 3-4 oz. Boursin cheese, crumbled
- 1/4 cup Maple Walnut Vinaigrette (recipe on p. 17)

Directions

Put greens in large bowl. Add vinaigrette and toss until greens are well coated. Add pears, figs, and pepitas and lightly toss. Sprinkle cheese on top and serve.

Variations:

- Substitute apples for pears.
- Substitute sunflower seeds, walnuts, or pecans for pepitas.
- Substitute blue, Gorgonzola or goat cheese for Boursin.
- Substitute another dried fruit for the figs (cranberries, blueberries, cherries)
- Top with grilled chicken and/or crumbled bacon.

*To toast pepitas, spread in a single layer on baking sheet, lightly spray with canola spray, sprinkle with kosher salt, bake at 350 degrees for 10 min, or until golden.

**For tips on preventing pear slices from browning, go to www.theyummylife.com/prevent_apple_and_pear_slices_from_browning





Oat Parmesan Chicken on Salad Greens

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This delicious oatmeal crusted baked chicken is so much healthier than the fried version served on many restaurant salads. 6-8 servings

Ingredients

- 3 garlic cloves, minced
- 2 c. uncooked old fashioned rolled oats
- 2/3 c. grated Parmesan cheese
- 1 t. salt
- 1 t. paprika
- 1/2 t. ground black pepper
- 1/2 c. olive oil
- 6-8 boneless, skinless chicken breasts, pounded to 1/2 thick all over
- cooking spray
- 12 cups salad greens
- Everyday Vinaigrette (recipe on p. 15) or Honey Lime Vinaigrette (recipe on p. 17)



Directions

Preheat oven to 400 degrees. In food processor or blender chop the garlic. Add oats, cheese, salt, paprika, & pepper and process until texture of course flour. Pour olive oil in a shallow bowl or pie plate. Dip chicken in olive oil, let excess oil drip off, then roll chicken in oat mixture. Place chicken in large, shallow baking dish coated with cooking spray. Pat the oat mixture into the chicken gently; this helps it make contact with the olive oil to help the coating brown and crisp. If it looks dry, give it a light coating of cooking spray. Bake uncovered for approx. 20-25 minutes until an instant-read thermometer registers an internal temperature of 165 degrees. Remove from oven, and let chicken rest for 5-10 minutes to allow juices to settle. Chicken can be served right away or refrigerated and served the next day. Before serving, slice chicken, toss greens with vinaigrette, distribute on individual plates, and top with sliced chicken.





Grilled Shrimp Salad

with
Honey Lime Dressing

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This is an impressive yet easy company salad. Grill the shrimp in advance and hold them in the fridge until it's time to serve the salad. The shrimp can be served hot, cold, or room temperature.

8 servings

Ingredients

- 1/3 cup olive oil
- 2 tablespoons bottled hot sauce
- 1 teaspoon smoked paprika
- 1 clove garlic, minced
- 1 pound raw shrimp, peeled and deveined
- wooden skewers (6" recommended for individual servings)
- 12 cups salad greens
- Honey Lime Vinaigrette (recipe on p. 17)



Directions

If using wooden skewers, place in shallow container and cover with water. Let them soak for at least 30 min. Make marinade in bowl or measuring cup; whisk together olive oil, hot sauce, smoked paprika, and garlic. Pat shrimp dry with paper towel. Place shrimp in shallow dish; pour marinade on shrimp and toss gently to coat. Let marinate in fridge for 15-30 minutes. Thread the shrimp onto skewers, piercing each shrimp through the head and tail. Alternate the direction of the tail as you thread them for an attractive presentation. Oil grill lightly and preheat on high heat. Place shrimp skewers on hot grill and cook for 1-1/2 to 2 minutes on each side, just until opaque. Don't over cook. Grilled shrimp can be served right away or refrigerated and served the next day. Right before serving, toss greens with vinaigrette, distribute on individual plates, and place a shrimp skewer on top of greens.



Crunchy Peanut Asian Slaw

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This easy salad has great texture and flavor. Add some chopped chicken or shrimp and make it a meal.

4-6 servings

Ingredients

- One head Napa cabbage, cut into 1/2" wide shreds
- 3 green onions, sliced (white and green parts)
- 1/2 cup shredded carrots
- 1/2 cup sliced snow peas, cut in thin diagonal slices
- 1/2 cup peanuts, coarsely chopped
- 1/4 cup spicy peanut vinaigrette, or more to taste (recipe on p. 18)*



Directions

In large bowl, combine all ingredients and toss. If possible, chill for 1 hour before serving to enhance the flavor.

Serve as a side to any meat. It's a particularly tasty complement to grilled chicken or fish.

*Don't like it spicy? Substitute Sesame Ginger Orange Vinaigrette on p. 18.



Skinny Fiesta Layered Salad

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A creamy seasoned yogurt replaces the calorie laden mayo/sour cream often found in other layered salad recipes. This easy, healthy makeover is delicious, and the colorful layers are sure to impress. You can assemble it a day ahead, too! 4 - 6 servings.

Ingredients

FOR SEASONED YOGURT LAYER:

- 1 cup Greek yogurt (regular yogurt is too thin; strained (Greek) yogurt is recommended)
- 2 tablespoons taco seasoning mix, store bought or homemade (recipe at www.theyummylife.com/taco_seasoning_mix)
- 1 (14.5 oz) can fire roasted diced tomatoes
- 1 (4 oz) can chopped roasted green chiles

FOR OTHER LAYERS:

- 40 baked or reduced fat tortilla chips – broken into rough pieces
- 1 (15 oz) can chili beans, drained but not rinsed
- 1 red bell pepper, chopped
- 1 (16 oz) bag frozen corn, thawed
- 6 green onions, chopped (green and white parts)
- 1/2 cup cilantro, chopped (optional)
- 1 cup low fat shredded cheddar or Mexican cheese mix
- 3 oz. fresh baby spinach leaves

OPTIONAL TOPPINGS:

- Creamy Yogurt Fiesta Dressing (recipe on p. 19)
- Salsa

Directions

In medium bowl, add yogurt, taco seasoning mix, tomatoes, and green chiles; stir until well combined. Set aside. In a clear trifle bowl with straight sides, layer ingredients beginning with 30 broken chips on the bottom of the bowl, and stacking the remaining ingredients in the order given, adding the yogurt mixture between the corn and onions. May be served right away or covered and chilled overnight. Right before serving, top with 10 broken tortilla chips. (The bottom chips soften, the top ones add crunch—a pleasing texture combo.) Serve with salsa, guacamole, additional tortilla chips, & Creamy Yogurt Fiesta Dressing on the side.





Everyday Italian Tossed Salad

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This salad is similar to the one served at The Pasta House Company in St. Louis. It's good paired with any meal, not just Italian food.

4 servings

Ingredients

- 8 cups torn or roughly chopped romaine lettuce (or a standard 10-oz bag of lettuce greens)
- 1/2 cup quartered artichoke hearts (half of 14 oz. can), drained
- 1/4 cup diced pimentos or roasted red peppers, drained
- 1/2 cup thinly sliced red onion
- 1/2 cup grated Parmesan cheese
- 1/3 to 1/2 cup Everyday Vinaigrette (recipe on page 15)

Directions

Toss ingredients together and serve.

Optional toppings:

- toasted pine nuts
- black olives



Mediterranean Tuna & Artichoke Salad

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This is a healthy, delicious alternative to high calorie mayo-based tuna salads. Serve it on a bed of greens, in a tomato flower, on crackers, or in pita bread.

4-6 servings

Ingredients

- 2 (5 oz) cans tuna, drained well
- 1 (14 oz) can quartered artichoke hearts (cut each quarter in half)
- 1/4 cup diced pimentos, drained; or diced roasted red peppers
- 1/4 cup diced red onion
- 1/4 cup sliced black olives (Kalamata recommended)
- 1/8 cup minced fresh Italian parsley
- 1/8 cup minced fresh basil
- 2 teaspoons minced fresh oregano
- 1/2 teaspoon ground black pepper
- 1/4 cup Everyday Vinaigrette, or more to taste (recipe on p. 15); or use bottled Italian dressing

Directions

Combine all ingredients in medium bowl and toss.

Serving suggestions:

- As a sandwich or pita
- On a bed of salad greens
- In a tomato flower. (For tomato cutting instructions, go to: www.theyummylife.com/tomato_flower)





Healthy Makeover

Classic Potato Salad

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Most potato salads are loaded with mayo. This recipe swaps out yogurt for mayo and the potatoes are marinated in a vinaigrette to add zesty flavor. A family favorite for 30+ years.

10-12 servings

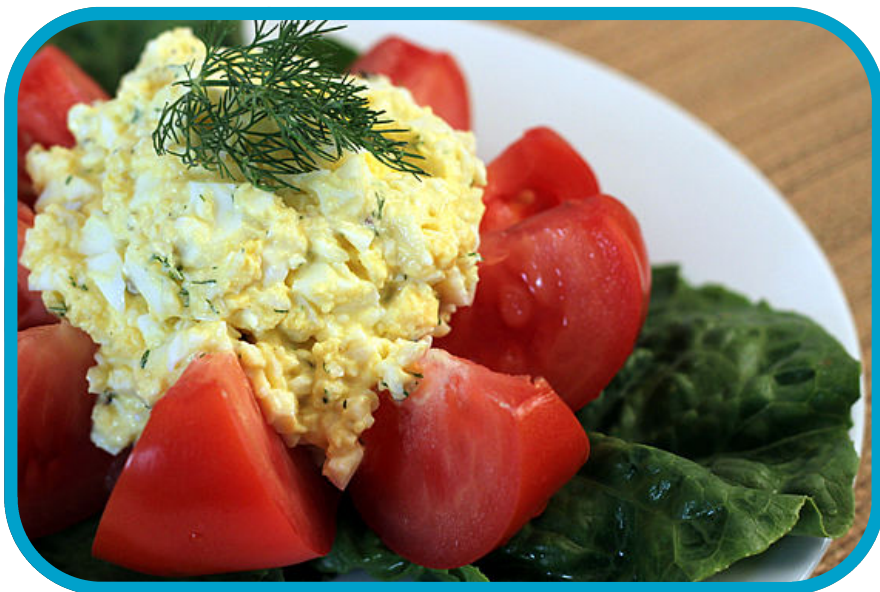
Ingredients

- 5 lb. bag red potatoes
- 1/4 cup Everyday Vinaigrette (recipe on p. 15 of this eBook); or use bottled Italian dressing
- 1 teaspoon ground black pepper
- 1-1/2 teaspoons kosher salt
- 1 teaspoon garlic salt
- 1-2 dashes cayenne pepper
- 1 medium onion, diced
- 1-1/4 cups Greek yogurt
- 1 tablespoon prepared yellow mustard
- 4 eggs, hard boiled and sliced
- paprika

Directions

Place whole potatoes in large pot, cover with water; bring to boil on stove top; lower to simmer and cook until fork tender in center (30-45 min.). Allow to cool to touch, then peel and cut into 3/4" cubes. Combine vinaigrette, pepper, salt, garlic salt, cayenne, and onion; pour over warm potatoes and stir. Cover and chill for at least 4 hours and up to 24 hours. Combine yogurt and mustard, stir until evenly mixed. Add to chilled potatoes and gently stir until combined. Fold in eggs, leaving a few slices for garnish on top. Sprinkle lightly with paprika, if desired.





Healthy Makeover

Egg Salad with Dill

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This healthy makeover tastes too creamy to be good for you, but it is! Greek yogurt and fresh dill combine to give this great flavor.

4-6 servings

Ingredients

- 8 large eggs, boiled and peeled
- 1/3 cup low-fat Greek yogurt
- 1 tablespoon mayonnaise
- 1 tablespoon minced fresh dill (may substitute 1 teaspoon dried dill)
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions

Cut each egg in half and place in food processor bowl. Pulse 10-12 times until eggs are broken up into small pieces, being careful not to overdo it and puree the eggs. (Or, chop the eggs with a knife.) In a separate large bowl, use a fork to whisk together the yogurt, mayonnaise, dill, salt, and pepper. Add the chopped eggs and mix lightly with the fork until well combined.

Serving suggestions:

- As a sandwich or pita
- On a bed of salad greens.
- In a tomato flower. (For tomato cutting instructions, go to: www.theyummylife.com/tomato_flower)





Healthy Makeover

Chicken Salad with Cranberries & Pecans

Greek yogurt is substituted for most of the mayo in this delicious, healthy recipe. This is a great way to use up leftover chicken or turkey. Serve on a bed of lettuce or in a sandwich or pita.

4-6 servings

Ingredients

- 4 cups chopped, cooked chicken or turkey breast (Use leftover chicken or turkey breast, a rotisserie chicken; or cook your own chicken)
- 1/2 cup dried cranberries
- 1/2 cup chopped toasted pecans
- 1/2 cup diced celery
- 1/2 cup low-fat Greek yogurt
- 1/4 cup light mayonnaise
- 1 tablespoon honey
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1-1/2 tablespoons chopped fresh tarragon leaves (or 1-1/2 teaspoons dried)



Directions

In large bowl, stir together all ingredients until well combined. Serve in a sandwich or on top of a bed of lettuce. Put a dollop on crackers for an easy appetizer.

MAKE AHEAD TIP: Will hold a day or two in fridge, but yogurt gets absorbed into chicken/turkey when it sits overnight. Stir in additional yogurt to restore the creamy consistency if eaten the next day.

EASY VARIATIONS:

Plain chicken salad -- omit the cranberries and pecans.

Swap out the fruit -- in place of the cranberries, try grapes or apples.

Swap out the nuts -- in place of pecans, try sliced almonds, walnuts or pine nuts.

Salad Dressings

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3 easy ways to mix vinaigrettes:

- **In a blender or food processor.** Combine all ingredients except the oils; process until combined. With the blender/food processor running, add the oils in a thin stream through the hole in the top. Blend until well mixed.
 - **In a bowl.** Whisk together everything except the oils until well combined. Continue whisking while adding the oils in a thin stream. Keep whisking until well combined.
 - **In a jar.** Add everything except the oils to the jar. Cover and shake to combine. Add oils and shake vigorously until well combined. (Ingredients may not remain blended as long using this method.)
-

Everyday Vinaigrette

Makes 1 cup

Ingredients

- 1/3 cup red wine vinegar
- 1 teaspoon kosher salt
- 1/4 teaspoon finely ground black pepper
- 1/8 teaspoon garlic powder
- 1/3 cup extra virgin olive oil
- 1/3 cup vegetable or grapeseed oil



Directions

Add vinegar, salt, pepper and garlic powder to bowl or 2-cup measure cup; whisk together. Continue whisking rapidly while adding oils in a thin stream. Or, use blender, food processor, or jar methods described above.

Raspberry Vinaigrette

Makes 2 cups

Ingredients

- 1 small shallot, minced
- 1/2 cup raspberry preserves
- 1/8 cup honey
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 1/2 cup raspberry vinegar (or white wine vinegar)
- 1/4 cup water
- 1/3 cup olive oil
- 1/3 cup vegetable or grapeseed oil



Directions

Add shallot, preserves, honey, mustard, salt, pepper, vinegar, and water to bowl; whisk together. Continue whisking rapidly while adding oils in a thin stream. (Or, use blender, food processor, or jar methods described on previous page.) If too thick, may be thinned by whisking in water a tablespoon at a time until desired consistency. Dressing will keep in the refrigerator for several weeks.

Raspberry Poppy Seed Vinaigrette

Makes 2 cups

Ingredients

- 1/4 cup grated/minced onion (half of a small onion)
- 1/2 cup raspberry vinegar; or white wine vinegar
- 1/4 to 1/2 cup sugar, to taste
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/2 cup olive oil
- 1/2 cup vegetable or grapeseed oil
- 1-1/2 teaspoons poppy seeds



Directions

Add onion, vinegar, sugar, mustard, & salt to bowl; whisk together. Continue whisking rapidly while adding oils in a thin stream. (Or, use blender, food processor, or jar methods described on previous page.) Whisk in poppy seeds. If too thick, may be thinned by whisking in water a tablespoon at a time until desired consistency. Dressing will keep in the refrigerator for several weeks.



Honey Lime Vinaigrette

Makes 1 cup

Ingredients

- 1/4 cup fresh lime juice
- 2 tablespoons honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/4 cup olive oil
- 1/4 cup vegetable or grapeseed oil
-



Directions

Add lime juice, honey, mustard, garlic powder, cumin, salt, & pepper to bowl; whisk together. Continue whisking rapidly while adding oils in a thin stream. (Or, use blender, food processor, or jar methods described on page 15.) If too thick, may be thinned by whisking in water a tablespoon at a time until desired consistency. Dressing will keep in the refrigerator for several weeks.

Maple Walnut Vinaigrette

Makes 1 cup

Ingredients

- 1/2 cup pure maple syrup
- 1/2 cup walnuts
- 1/4 cup cider vinegar
- 1 teaspoon kosher salt
- 1/2 teaspoon ground white pepper
- 1 teaspoon ground dry mustard
- 1/8 teaspoon garlic powder
- 2 tablespoons olive oil
- 2 tablespoons vegetable or grapeseed oil
-



Directions

Combine all ingredients except the oils in a food processor or blender. Blend until well combined and walnuts are pureed. With processor/blender running, pour oils in a slow steady stream through the feed tube. Transfer to jar or other airtight container and chill in fridge. Dressing will keep in the refrigerator for several weeks.



Spicy Peanut Vinaigrette

Makes 1 cup

Ingredients

- 1/4 cup rice vinegar
- 1 tablespoon honey
- 2 tablespoons soy sauce
- 1/4 cup creamy peanut butter
- 1/2 teaspoon garlic powder
- 1/8-1/4 teaspoon cayenne pepper
- 1 teaspoon sesame oil
- 1/4 cup vegetable or grapeseed oil



Directions

Add vinegar, honey, soy sauce, peanut butter, garlic powder & cayenne pepper to bowl; whisk together. Continue whisking rapidly while adding oils in a thin stream. (Or, use blender, food processor, or jar methods described on page 15.) Dressing will keep in the refrigerator for several weeks.

Sesame Ginger Orange Vinaigrette

Makes 1-1/2 cups

Ingredients

- 1/4 cup rice vinegar
- 1/4 cup orange juice
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 1 teaspoon minced fresh ginger
- 1/4 t. garlic powder
- 1 teaspoon sesame oil
- 1/2 cup vegetable or grapeseed oil
- 1 tablespoon toasted sesame seeds



Directions

Add vinegar, orange juice, honey, soy sauce, ginger & garlic powder to bowl; whisk together. Continue whisking rapidly while adding oils in a thin stream. (Or, use blender, food processor, or jar methods described on page 15.) Whisk in sesame seeds. Dressing will keep in the refrigerator for several weeks.

Creamy Yogurt Fiesta Dressing

Makes 1-3/4 cup

Ingredients

- 1 cup Greek yogurt
- 1 tablespoon taco seasoning mix
- 2 tablespoons milk
- 1/4 cup salsa (store bought or homemade)

Directions

In medium bowl, whisk yogurt, taco seasoning and milk until smooth. Add salsa and stir to combine. Store in refrigerator. A perfect dressing on top of taco salads or drizzled inside of tacos.



Creamy Yogurt Blue Cheese Dressing

Makes 1 cups

Ingredients

- 1/2 cup strained, lowfat Greek yogurt
- 1/4 cup lowfat buttermilk
- 1/4 to 1/2 cup blue cheese crumbles (Stilton Blue recommended), divided
- 1 tablespoon white wine vinegar
- 1 tablespoon mayonnaise
- 1 tablespoon olive oil
- 1 teaspoon Worcestershire sauce
- 1 teaspoon honey
- 1/4 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1 tablespoon minced fresh chives

Directions

Set aside 1/4 cup of blue cheese crumbles. In a blender, combine remaining 1/4 cup blue cheese crumbles with all of the other ingredients. Blend in short bursts until well combined and no large blue cheese chunks remain. Pour dressing into serving bowl or storage jar. For a chunky dressing and stronger cheese flavor, stir in remaining 1/4 cup blue cheese crumbles (optional). Chill for at least 4 hours before serving; best if made the day before to allow flavors to mellow. Will keep refrigerated for up to the expiration dates on the yogurt, buttermilk, and mayo.

