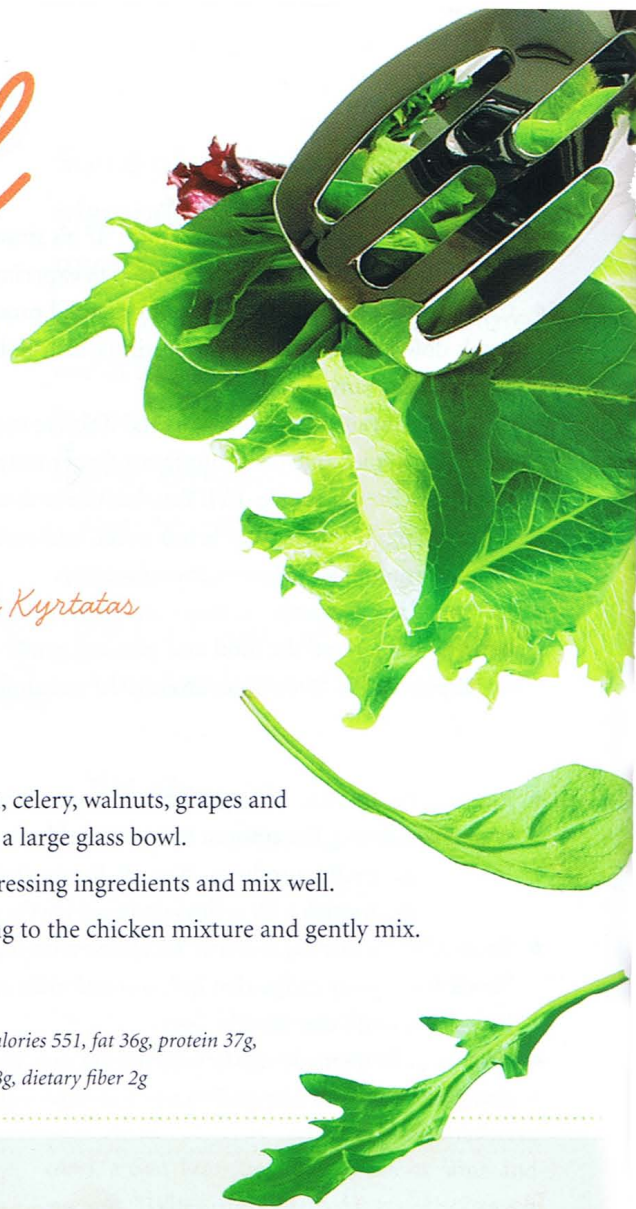


Sensational Summer Salads

by Chef George Kyrtatas



Curried Chicken Salad

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| 1 large roasted chicken, cut into 1-inch cubes | Dressing: |
| ½ cup celery, chopped | ½ cup coconut milk |
| 1 cup walnuts, chopped | 1 Tbsp. soy sauce |
| 2 cups seedless red grapes, halved | 1 Tbsp. fresh lemon juice |
| | 2 tsp. curry powder |

1. Put chicken, celery, walnuts, grapes and almonds in a large glass bowl.
2. Combine dressing ingredients and mix well.
3. Add dressing to the chicken mixture and gently mix.

SERVES 6-8

Per Serving: calories 551, fat 36g, protein 37g, carbohydrate 8g, dietary fiber 2g

Taco Salad with Salsa Dressing

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| ½ cup onion, finely chopped |
| 1 large garlic clove, minced |
| 3 tsp. chili powder |
| 2 Tbsp. tomato paste |
| 1 head romaine lettuce, chopped |
| 4 tomatoes, cut into wedges |
| 1 cup extra-sharp cheddar cheese, coarsely grated |
| ½ cup scallions, thinly sliced |
| 3 chicken breasts, grilled and sliced thin |
| 3 cups baked tortilla chips (or about ½ cup per serving) |

For the vinaigrette:

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| 1 large garlic clove, chopped |
| 6 Tbsp. fresh lemon juice |
| ½ tsp. ground cumin |
| ½ Tbsp. olive oil |
| 2 tomatoes, seeded and chopped |
| 1 large jalapeno pepper, seeded and chopped (wear rubber gloves) |
| ½ cup loosely packed fresh cilantro shredded |

1. In a large heavy skillet cook the onion, the garlic, the cumin and the chili powder in 1½ Tbsp. of the oil over moderately low heat, stirring until the onion is soft.
2. Add the tomato paste along with salt and pepper.
3. Cook the mixture, stirring, and then add the grilled chicken breast.
4. Allow mixture to cool.
5. On a large deep platter, arrange the romaine and then spoon the chicken mixture on top. Arrange the tortilla chips, tomatoes, cheddar and scallions decoratively over the salad.
6. For dressing—blend together the garlic, the lemon juice, the cumin, and salt and black pepper in a blender.
7. With the motor running, slowly add the oil. Blend until it's mulsified (thickened).
8. Add tomato, jalapeno pepper and coriander. Blend until smooth.
9. Pour the vinaigrette over the salad.

SERVES 6-8

Per Serving: calories 306, fat 16g, protein 30g, carbohydrate 12g, dietary fiber 4g

Hawaiian Fruit Salad

- 1 mango, peeled, seeded and cut into ¼-inch strips
- 1 papaya, peeled, seeded and cut into ¼-inch strips
- ½ cup raspberries
- ½ cup banana, sliced
- 3 golden kiwifruit, peeled and sliced
- ½ cup macadamia nuts, chopped
- 6 cups spring mix, loosely packed

For the vinaigrette:

- ½ cup pineapple juice
- ¼ cup apple cider vinegar
- 1 shallot, minced
- 1 clove garlic, minced
- 1½ cups canola oil
- Salt and pepper, to taste

1. For the vinaigrette—whisk together the pineapple juice, cider vinegar, garlic, shallot and salt and pepper.
2. Slowly incorporate the canola oil. Set dressing aside.
3. In a large salad bowl, toss together the mango, papaya, raspberries, banana and macadamia nuts with 1 cup of the vinaigrette.

4. Place the spring mix on a large serving tray and top with the mixed fruit.
5. Drizzle the salad with the extra dressing or serve on the side.

SERVES 6-8

Per Serving: calories 377, fat 29g, protein 4g, carbohydrate 21g, dietary fiber 4g

Asian Slaw ▶

- 1 bunch scallions, trimmed and thinly sliced
- 2 (16 oz.) bags coleslaw mix
- 1 small red onion, thinly sliced
- ⅓ cup soy sauce
- ⅓ cup lemon juice
- ⅓ cup vegetable oil
- 2 Tbsp. fresh ginger, grated
- 1 Tbsp. white vinegar
- 1 Tbsp. dark brown sugar
- 1 tsp. Asian sesame oil
- 2 tsp. sesame seeds
- 1 tsp. salt
- ¼ tsp. black pepper

1. Toss the coleslaw mix, red onion and scallions together in a large bowl until everything is thoroughly mixed.
2. Stir the remaining ingredients together in a small bowl until mixed well.
3. Pour liquid mixture over the vegetables. Serve within 1 hour of dressing or the cabbage will wilt.

SERVES 4-6

Per Serving: calories 149, fat 12g, protein 2g, carbohydrate 10g, dietary fiber 1g

George Kyratas is Executive Chef of Hathaway's Restaurant in New Jersey and author of the cookbook My Big Fat Greek Feast.

