

Celebrate Salads – Camerota’s Cupboard, April, 2014

Spring is finally here! And not a minute too soon. The appearance of salads is a sure sign that warmer weather is upon us. They are an appealing and delicious way to add healthy vegetables and fruit to a meal.

Classic Spinach Salad

(from **More Nutritious Still Delicious**, Nutrition Council of Greater Cincinnati)

This classic salad recipe appeared in the original *Nutritious and Delicious* cookbook. Spinach is rich in folate, vitamin A, and iron.

1 ½ pounds fresh spinach, washed and drained

2 large hard cooked eggs, diced

½ red onion, chopped

½ cup slivered almonds

1 cup fresh sliced mushrooms

1 large tomato, chopped

- Break spinach into bite size pieces. Place in large bowl.
- Add eggs, onion, almonds, mushrooms and tomatoes; toss gently to mix.
- Serve with **Mustard Salad Dressing** (see below)

Serves 8 (About 1 cup per serving)

Per serving: 1 cup without **Mustard Salad Dressing**

86 calories; 6g protein; 6g carbohydrate; 3g dietary fiber; 5g fat; 1g saturated fat; 53 mg cholesterol; 97mg sodium

Mustard Salad Dressing

Makes 12 tablespoons – about ¼ cup

½ cup olive oil

1/8 cup red wine vinegar

¼ cup chopped onion

1/3 cup granulated sugar

½ teaspoon salt

¼ teaspoon pepper

1 ½ tablespoons prepared mustard

- Place all ingredients in blender. Blend until smooth.
- Refrigerate, covered until ready to serve.

Per one tablespoon serving: 107 calories; 0g protein; 6gm carbohydrate; 0g dietary fiber; 9g fat; .5gm saturated fat; 0mg cholesterol; 110mg sodium

Warm Cabbage with Apple and Hazelnuts....Serves 6
(adapted from **The New Prostate Cancer Nutrition Book** by
“Snuffy Myers,” et. al)

This salad is transitional, good all winter but especially nice when new cabbage is available in the spring. It’s packed with antioxidant-rich veggies. Snuffy uses red cabbage which provides rich color, but you could also use Savoy cabbage, a favorite with serious cooks and being the most flavorful.

1 small red onion, thinly sliced
2 garlic cloves, minced (optional)
1 small red cabbage (or small Savoy cabbage), thinly sliced (5-6 cups)
1 tart green apple, diced
¼ cup Balsamic vinegar
½ cup extra virgin olive oil
2 tablespoons parsley (flat Italian preferred), chopped
¼ cup hazelnuts, coarsely chopped
1 tablespoon apple cider vinegar
1/8 teaspoon black pepper
Salt, to taste

- Toast the hazelnuts in a 350 degree oven until aromatic. Cool the nuts, then chop and set aside in a small bowl. Heat the oil and balsamic vinegar in a large skillet.
- Add the onion and garlic (if using) and cook for three minutes on medium heat.
 - Add the cabbage. Toss the cabbage in the oil and vinegar and gently until it wilts and the color changes from purple to bright pink.
 - Remove the pan from the heat; add the apple, hazelnuts, additional apple cider vinegar, parsley, and pepper. Stir and mix the salad right before serving.

Beet, Carrot and Apple Salad--Serves 6

(from AICR , The American Institute for Cancer Research)

Here is another all season salad to welcome spring. Colorful and tangy, it is loaded with fiber, vitamins, minerals and phytonutrients. Carrots are rich in beta-carotene and beets get their red hue from flavonoids, both antioxidants that protect our cells from damage. It makes a perfect picnic lunch during cherry blossom time.

1 medium beet, (or $\frac{3}{4}$ cup pre-shredded)
2 medium carrots (or $\frac{3}{4}$ cup pre-shredded)
1 large peeled (optional) Granny Smith apple
 $\frac{1}{4}$ cup walnut halves, chopped
3 tablespoons chopped flat-leaf parsley or dill or combination
1 tablespoon fresh lemon juice
 $\frac{1}{2}$ teaspoon salt
Freshly ground black pepper
1 tablespoon extra virgin olive oil

- To shred beet, insert each hand in a plastic sandwich bag to avoid staining hands. Peel beet using swivel blade vegetable peeler. Using coarse side of box grater, shred beet to get $\frac{3}{4}$ cup. Save remaining beet for another use. Shred carrots and apple. Place shredded beets, carrots and apple in mixing bowl and mix to combine. Add walnuts and green herbs on top of mixed vegetables. Set bowl aside.
- For dressing, in small bowl whisk together lemon juice and salt until salt dissolves. Add 3-4 grinds of pepper. Whisk in oil. Pour dressing over salad and mix until well combined and evenly dressed. Serve salad within 1 hour of combining with herbs and dressing.

Per serving: 112 calories; 8g total fat (1g saturated fat); 11g carbohydrate; 2g protein; 2g dietary fiber; 330mg sodium