

Green Mango Salad

INGREDIENTS

DRESSING

- 2 limes juiced and zested
- 2 tablespoons soy sauce
- 3 tablespoons honey or sugar
- 1 tablespoon toasted sesame oil
- 2 teaspoons grated ginger
- 1/2 teaspoon sambal or sriracha
- 1/4 teaspoon salt

SALAD

- 2 green (unripe) mangos
- 2 cups shredded nappa cabbage
- 1 1/2 cups matchstick-cut carrots
- 1 medium seedless cucumber, sliced
- 1/2 cup finely chopped cilantro
- 1/4 cup finely chopped Thai basil
- 1/2 cup thinly sliced red onion
- 1/2 cup chopped cashews or sunflower seeds

DIRECTIONS

1. Prepare the dressing by whisking together all salad ingredients.
2. Peel green mangos and slice into long thin strips with a mandolin or knife, avoiding the pit.
3. Place mango strips into a large mixing bowl. Add the cabbage, carrots, cucumber, cilantro, Thai basil, and onion and mix well.
4. Add dressing and toss gently. Top dressed salad with cashews and serve. **OPTIONAL:** Serve with Larb Gai

Recipe adapted from Telpner, Meghan. "Chopped Thai Mango Salad" and "Ginger Lime Dressing" (2015) *The UnDiet Cookbook: 130 Gluten-Free Recipes for a Healthy and Awesome Life*. Appetite by Random House.



Larb Gai

INGREDIENTS

- 1 pound ground chicken
- 2 1/2 tablespoons fish sauce, divided
- 1 tablespoon white rice
- 1/4 cup chicken broth
- 2 shallots, sliced thin
- 2 limes, juiced
- 4 tablespoons cilantro, finely chopped
- 2 tablespoons Thai basil, finely chopped
- 2 teaspoons sugar
- 1/4 teaspoon red pepper flakes

DIRECTIONS

1. Mix ground chicken with 1 tablespoon of fish sauce. Let marinate for 10-15 minutes.
2. Toast rice in a small skillet over medium-high heat, stirring constantly, until golden brown and has a nutty fragrance. Approximately 5 minutes. Let cool and then grind in a mortar and pestle or spice grinder until a coarse powder.
3. In a large skillet, add chicken broth and bring to a low boil over medium-high heat. Add the marinated chicken and cook, stirring frequently, until the chicken is cooked through.
4. In a medium sized bowl, add the cooked chicken and remaining ingredients: 1 1/2 tablespoons fish sauce, shallots, lime juice, cilantro, Thai basil, sugar, and red pepper flakes. Toss to combine.
5. Add the prepared toasted rice powder and toss one more time. Best served with leaves of lettuce or with green mango salad.

Recipe adapted from America's Test Kitchen. "Larb" (2021) The complete Salad Cookbook: A Fresh Guide to 200+ Vibrant Dishes Using Greens, Vegetables, Grains, Proteins, and More. Penguin Random House



Bitter Greens with Warm Dressing

INGREDIENTS

Vinaigrette

- 1 tablespoon grated lemon zest
- 6 tablespoons lemon juice (from two lemons)
- 1 tablespoon Dijon mustard
- 1 tablespoon minced shallot
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- 1/4 salt
- 1/4 teaspoon pepper
- 2 tablespoon extra-virgin olive oil

Salad

- 15-ounce can chickpeas, drained and rinsed
- 1 tablespoon extra-virgin olive oil
- 3 carrots, peeled and shredded
- 3/4 cup dried cranberries, chopped
- 1/2 cup slivered almonds or chopped hazelnuts
- 12 ounces (10-12 cups) bitter greens: escarole, chicory, frisee, torn into bite-sized pieces
- 1/3 cup cilantro, chopped
- 1 1/2 ounces feta or goat cheese, crumbled

DIRECTIONS

Prepare the vinaigrette:

1. Whisk together all of the vinaigrette ingredients, except the olive oil, in a medium bowl. Whisking constantly, slowly drizzle in the olive oil until the dressing comes together.

Prepare the salad:

1. Toss the chickpeas with 1 tablespoon of the prepared vinaigrette and a pinch of salt, set aside.
2. Heat oil in a heavy-bottomed pan over medium heat until shimmering. Add carrots, cranberries, and nuts. Cook, stirring often, until the carrots are softened, about 4-5 minutes. Turn off heat and let cool for 5 minutes.
3. Add half of the remaining vinaigrette to the pot. Then add half of the greens and toss for 1 minutes to allow the greens to warm and wilt.
4. Add cilantro and remaining greens to the pot, stir. Add the remaining vinaigrette, and continue tossing until the greens are evenly coated and warmed through, about 2 more minutes.
5. Season with salt and pepper to taste. Transfer to a serving platter, top with feta cheese and chickpeas, and serve.

Recipe adapted from America's Test Kitchen. "Bitter Greens and Chickpea Salad with Warm Dressing" (2021) The complete Salad Cookbook: A Fresh Guide to 200+ Vibrant Dishes Using Greens, Vegetables, Grains, Proteins, and More. Penguin Random House



Balsamic Strawberry Spinach Salad

INGREDIENTS

Dressing

- 2 tablespoons balsamic vinegar
- 1 1/2 tablespoons honey
- 1 teaspoon Dijon mustard
- 2 teaspoons poppy seeds
- 1/4 teaspoon salt
- dash of pepper
- 1/2 cup olive oil

Salad

- 1 pound boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 3 cloves garlic, minced
- 1/2 tablespoon dried oregano
- 1/2 tablespoon dried basil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 small red onion very thinly sliced
- 10 ounces fresh baby spinach
- 1 quart strawberries hulled and quartered
- 3/4 cup Gorgonzola cheese, crumbled
- 1/4 cup glazed pecans

DIRECTIONS

Prepare the dressing:

1. Whisk together all of the vinaigrette ingredients, except the olive oil, in a medium bowl. Whisking constantly, slowly drizzle in the olive oil until the dressing comes together. Adjust salt and pepper to taste.

Prepare the salad:

1. Prepare chicken marinade: mix together olive oil, balsamic vinegar, garlic, oregano, basil, salt, and pepper in bowl or zip top bag. Add chicken, toss to coat, and marinate chicken in the refrigerator for at least 1 hour or overnight.
1. Place thinly sliced onion in a bowl of ice cold water. Let sit while you prepare the salad and chicken. Strain onions before adding to the salad.
2. Cook the marinated chicken on the grill or on a cast iron grill pan. Ensure chicken reaches 165-degrees. Let rest for 5 minute before slicing into thin strips
3. In a large bowl, add the spinach, strawberries, sliced chicken, onions, cheese, and pecans. Drizzle salad with the prepared dressing right before serving.

