



I love salads! I honestly believe that you can put almost any fruit or vegetable on a bed of lettuces and make a fabulous salad. The five salads this week have no measurements, just a list of ingredients. Mix and match the salad toppings, cheeses and nuts to your taste and top with one of these delicious vinaigrettes. Simple, beautiful and delicious!

Mixed Berry Salad with Raspberry Vinaigrette (above)

For the vinaigrette:

5 tablespoons seedless red raspberry jam

¼ cup red wine vinegar

1 clove garlic, minced

½ teaspoon salt

¼ teaspoon pepper

1/3 cup vegetable oil

For the salad:

Baby romaine salad greens

Fresh blueberries

Fresh raspberries

Fresh blackberries

Chopped walnuts, toasted

Place jam, vinegar, garlic, salt and pepper in a blender. Pulse until blended. With blender running, pour vegetable oil through lid in a slow, steady stream; process until smooth. Place salad greens in a large bowl; toss with vinaigrette. Top with blueberries, raspberries and

blackberries. Sprinkle with chopped walnuts. Refrigerate any unused vinaigrette.

Southwestern Chicken Salad



Green-leaf lettuce, torn
Canned pinto beans, rinsed and drained
Shredded deli chicken
Grape tomatoes, halved
Sliced pickled jalapeños
Fresh cilantro leaves
Fresh salsa

Bottled taco sauce or ranch dressing

Place lettuce on a large platter. Top with pinto beans, chicken, tomatoes, jalapeños, cilantro leaves and fresh salsa. Serve with bottled taco sauce or ranch dressing.

Mesclun Salad with Beef Tenderloin and Balsamic Reduction





~~Food Network's #SaladThing campaign is a celebration of the health benefits of fruit and vegetables. To learn more about the campaign, visit <http://www.foodnetwork.com/saladthing>. #SaladThing~~