

# 200 Salads

## 200 Salads

Toss and Serve!

Crunchy, creamy, savory, or sweet, *200 Salads* has it all! From fruity, leafy, pasta, and picnic to hearty main course and dreamy desserts, these creative recipes offer tons of tasty ways to eat your fruits and veggies. Tropical Jewel, Fanciful Fruit, Bacon Broccoli, Chicken Fajita, Red Potato-Pasta, and Cookies and Cream are just a few of the simple and satisfying salads that will please your palate and have you asking for more.

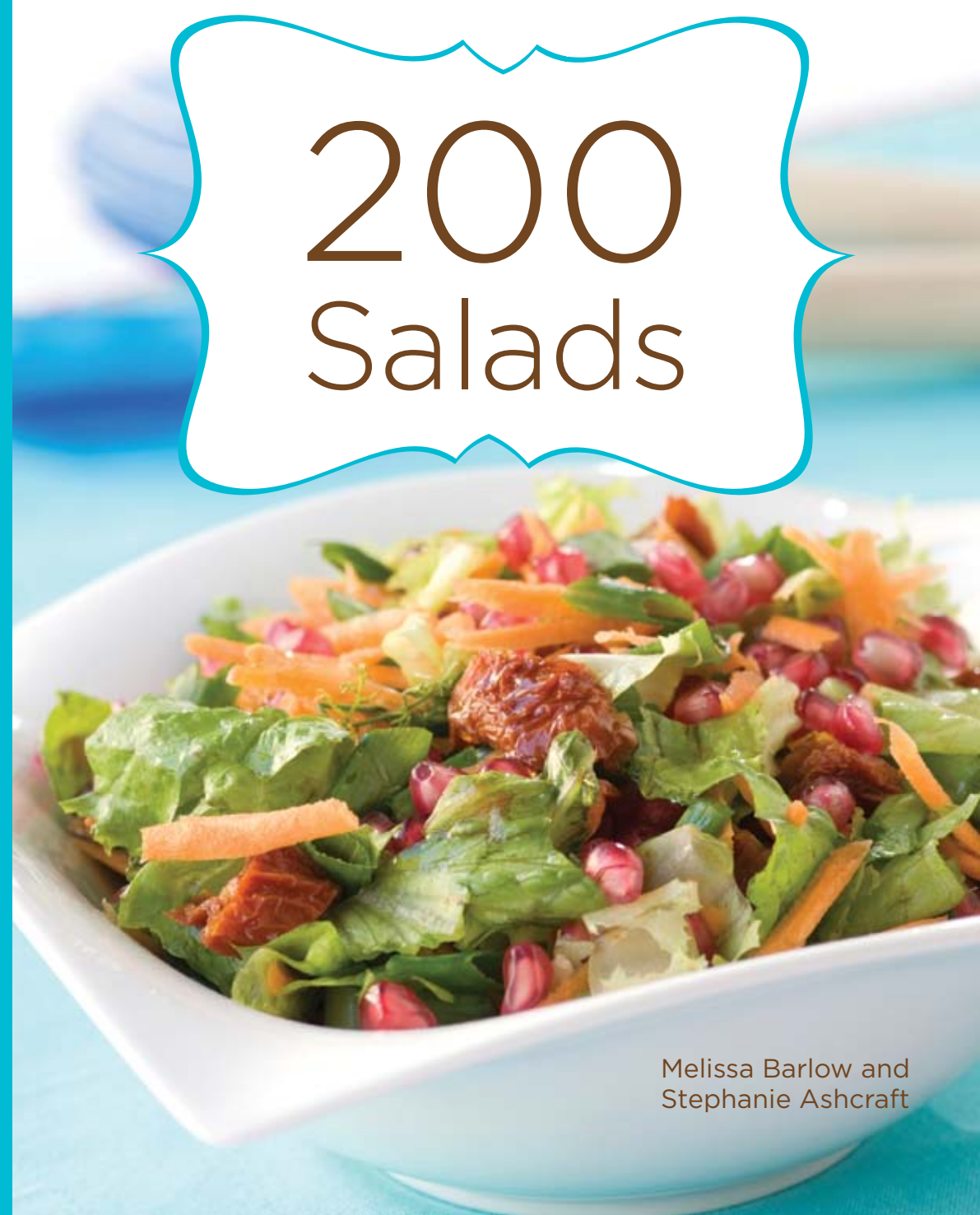
Cookbook  
\$12.99 U.S.



Barlow and  
Ashcraft



Melissa Barlow and  
Stephanie Ashcraft



# Contents

- 5 Helpful Hints
- 8 Fruit Salads
- 26 Creamy Fruit Salads
- 54 Leafy Salads
- 82 Veggie Salads
- 100 Pasta Salads
- 124 Barbecue & Picnic Salads
- 144 Main Course Salads
- 172 Dessert Salads
- 192 Bonus Section: Dressings
- 198 Index

# Leafy Salads

- 56 Summer Salad
- 57 Spinach Artichoke Dip Salad
- 58 Spinach and Mushroom Salad
- 59 Hawaiian Honey Lemon Salad
- 60 Sweet Fiesta Salad
- 61 Cranberry Mixed Greens Salad
- 62 Apple-Pear Salad
- 63 Southwest Caesar Ensalada
- 64 Cherry-Swiss Salad
- 65 Greek Salad
- 66 Mandarin-Almond Salad
- 67 Pear, Gorgonzola, and Candied Pecan Salad
- 68 Ranch-Sunflower Salad
- 69 Easy Chopped Italian Salad
- 70 Bridal Shower Salad
- 71 Blue Cheese Apple Nut Salad
- 72 Raspberry-Chicken Salad
- 73 Strawberry and Blue Cheese Salad
- 74 Candy Bar Salad
- 75 Cranberry Spring Mix Salad
- 76 Strawberry-Spinach Salad with Lemon Dressing
- 77 Berry and Orange Tossed Salad
- 78 Simple Goat Cheese Salad
- 78 Lettuce Wedges
- 79 Classic Italian Salad
- 80 Southwest Layered Salad
- 81 Garden BLT Salad

## Angie's Balsamic Chicken Pasta Salad

Makes 8–10 servings

- 1 pint grape tomatoes, halved**
- 3 tablespoons chopped cilantro**
- 1 cup sliced or coarsely chopped zucchini**
- 2–3 cups bite-size broccoli florets**
- 1 (4-ounce) can sliced black olives**
- ½ cup chopped onion**
- 1 (16-ounce) bottle balsamic vinaigrette dressing, divided**
- 3 boneless, skinless chicken breasts, cut into bite-size pieces**
- 12 ounces bow-tie pasta, cooked and cooled**
- 3 cups fresh spinach**
- 1 cup crumbled fresh feta cheese\***

Place tomatoes, cilantro, zucchini, broccoli, olives, and onion in a large bowl. Pour about half the balsamic vinaigrette over top and stir. Marinate for 1 hour in the refrigerator.

Preheat oven to 350 degrees. Bake chicken pieces brushed with a little of the reserved balsamic vinaigrette, for 20–25 minutes, or until done.

Add the cooked chicken, pasta, spinach, and cheese to the vegetable mixture. Use remaining balsamic vinaigrette dressing to moisten pasta to desired consistency.

\*Asiago or Parmesan cheese may be substituted.

## Chunky Chicken Pasta Salad

Makes 8–10 servings

- 2 cups uncooked large shell pasta, cooked and cooled**
- 3 chicken breasts, cooked and cubed**
- 1 (8-ounce) can pineapple tidbits, drained**
- 1 cup chopped unpeeled Gala apples**
- 1 cup halved seedless red grapes**
- 1 cup diced celery**
- 2 tablespoons finely chopped onion**
- 1 cup cashews**
- ½ cup coleslaw dressing**
- ½ cup mayonnaise**
- Salt and pepper, to taste**

Combine cooked pasta, chicken, fruit, celery, onion, and cashews in a large bowl.

In a small bowl, mix dressing and mayonnaise. Stir into salad mixture. Add more dressing, if desired. Season with salt and pepper.

**VARIATION:** You can use 1 cup coleslaw dressing and eliminate the mayonnaise.