

SHEPHERD'S GARDEN SEEDS

SALADS & SALAD DRESSINGS

BASIC HERBED SALAD DRESSING FOR SALAD LOVERS

If you are not in the habit of making your own dressing, try this and be converted!

¼ cup wine vinegar
1 to 2 tablespoons lemon juice
(fresh squeezed is best)

½ teaspoon sugar

½ teaspoon mild prepared or

Dijon-style mustard

2 to 3 tablespoons freshly chopped herbs*

½ cup good light olive oil

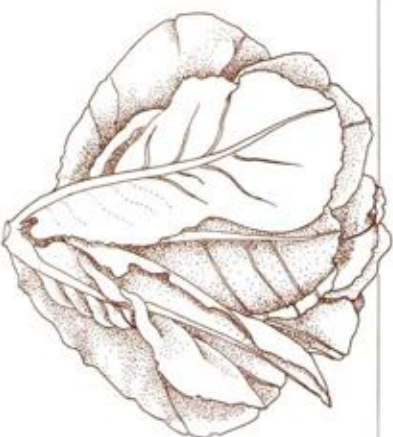
1 garlic clove, halved

Mix all ingredients, except the garlic, thoroughly with a whisk or fork. Let the flavors blend at room temperature.

Rub the salad bowl with freshly cut halves of the garlic clove. Add washed and dried assorted crispy greens. Pour over the whisked-up dressing, toss and serve promptly.

Dresses a salad for 4 to 6

*Good combinations include: equal parts basil, parsley, thyme and oregano; or equal parts basil, savory and thyme; or equal parts thyme, chives and basil.



CREAMY RASPBERRY DRESSING

Elegant and rich-tasting, this dressing is very special with soft-leaved lettuces.

3 tablespoons raspberry vinegar
1 tablespoon sugar

½ cup light olive oil

1 tablespoon sour cream

1 tablespoon Dijon-style mustard

½ cup fresh, or frozen and defrosted, raspberries

½ cup toasted walnuts

2 heads fresh bibb or butterhead lettuce, washed and torn

Whisk together the vinegar, sugar, oil, cream, mustard and about half the berries. Put lettuce in salad bowl or on plates and top with nuts and reserved berries. Drizzle with whisked dressing and serve.

Serves 4 to 6

ROMAINE SALAD WITH FETA DRESSING

The sweet crunchy leaves of romaine go especially well with the slight tang of feta cheese.

Blend together all ingredients except olive oil. Add oil in a steady stream, whisking or blending until thoroughly combined. Add salt and pepper to taste. *Makes ½ cup*

ISLAND SIN SALAD

Wickedly delicious.

DRESSING:

2 tablespoons red wine vinegar
1 tablespoon white wine
2 ounces feta cheese (5 tablespoons)
¼ cup olive oil
salt and freshly ground pepper

3 tablespoons lemon juice
2 tablespoons honey
4 teaspoons soy sauce

1 head romaine lettuce, rinsed, dried and torn for salad

1 small cucumber, seeded and chopped

2 tablespoons parsley, finely chopped

In a bowl, combine vinegar, wine and cheese, then add the oil in a thin stream, whisking until it is blended.

Add salt and pepper to taste. Combine lettuce and cucumber and toss with dressing. Sprinkle with parsley before serving.

Serves 4

LIME DILL DRESSING

2 tablespoons lime juice

1 tablespoon vinegar

½ teaspoon sugar

½ teaspoon dry mustard

2 teaspoons coarsely ground dill seed

1 tablespoon mayonnaise

½ cup olive oil

salt and freshly ground pepper

¼ cup sunflower seeds, toasted
¼ cup chopped cilantro

Combine dressing ingredients, whisking oil in thoroughly. Put lettuce in a salad bowl, add cilantro, if used, and arrange orange slices over the lettuce.

Sprinkle the salad with the sunflower seeds. Whisk the dressing again to be sure it is well combined. Pour over salad, toss and serve.

Serves 4 to 6



HERB MUSTARD VINAIGRETTE SALAD

Dijon mustard and fresh herbs are natural flavor enhancers in this delicious dressing that is perfect with all greens and terrific on ripe tomato slices.

- 1 clove garlic, halved
- ¼ teaspoon salt
- 2 teaspoons Dijon-style mustard
- 2 tablespoons lemon juice
- 1 tablespoon rice vinegar or other very mild vinegar
- 2 tablespoons white wine
- 6 tablespoons olive oil
- 1 pinch sugar
- fresh ground pepper
- 1 teaspoon chopped fresh herbs
- assorted fresh salad greens

In a salad bowl, rub the garlic into the salt. Add mustard, lemon juice, vinegar and wine. Whisk in the oil. Add sugar, pepper and herbs. Remove garlic. Whisk again. Add salad greens and toss.
Makes ¾ cup dressing

SESAME SEED SALAD DRESSING

Delicious on butter lettuce. Try adding fresh sliced pears or oranges, too.

- 1 tablespoon balsamic vinegar
- 1 tablespoon rice vinegar
- 2 tablespoons orange juice
- ¼ teaspoon paprika
- ¼ teaspoon dry mustard
- 1 teaspoon brown sugar
- 1 teaspoon soy sauce
- 3 chopped scallions, or 2 chopped shallots

- ½ teaspoon sesame oil
- 6 tablespoons vegetable oil
- salt and freshly ground pepper
- 2 tablespoons toasted sesame seeds

In a bowl combine all ingredients except the oils, sesame seeds, salt and pepper. Whisk in the oils in a steady stream, mixing until well blended. Add salt and pepper if needed. Just before serving, mix in the sesame seeds.
Makes ½ cup

ROASTED GARLIC DRESSING

This dressing is delicious with any green salad and will make your salad course a real event. Roasting the garlic gives it a wonderfully mellow and sweet flavor.

- 5 or 6 cloves of garlic, unpeeled
- ¼ cup olive oil
- 2 medium tomatoes, chopped and drained
- 2 tablespoons freshly squeezed lemon juice
- 3 chopped scallions, bulb only

- 2 tablespoons herb or wine vinegar
 - ½ cup finely chopped basil
- Heat oven to 350°.

Brush the garlic cloves with 1 teaspoon of the oil, reserving the remaining oil. Roast the oiled garlic cloves in a pan until golden and soft—about 10 to 15 minutes. Watch carefully so garlic does not get over-brown. Remove and cool. When cool enough to handle, squeeze out the garlic pulp and combine the pulp with the reserved oil and the rest of the ingredients in a blender. Blend until smooth and use to dress any mixed green salad.
Makes about 1 cup

ARUGULA AND NECTARINE SALAD

Green tangy arugula contrasts with luscious fresh nectarine slices, both set off by a delicate raspberry vinaigrette. A beautiful presentation and great flavor. You can substitute fresh pears or peaches if nectarines aren't available.

- DRESSING:
- 3 tablespoons raspberry vinegar
 - 1 tablespoon Dijon-style mustard
 - 5 tablespoons olive or vegetable oil
 - pinch each of sugar, salt and pepper

- SALAD INGREDIENTS:
- 4 cups torn arugula leaves
 - 4 cups torn butter lettuce leaves
 - 2 or 3 ripe nectarines, cut into slices
 - ½ cup toasted walnuts (toast 5 to 8 minutes in 300° oven or toaster oven)

Combine dressing ingredients and mix together well. Arrange salad ingredients in a bowl. Pour dressing over them. Sprinkle with walnuts at the table so diners can see how pretty the salad looks in its bowl.
Serves 6 to 8

CRUNCHY RED AND GREEN SALAD

The flavors and textures in this serious salad will really reward your mouth!

DRESSING:

- 1 scallion, finely chopped
- ½ teaspoon fresh thyme, finely chopped
- 1 tablespoon fresh parsley, finely chopped
- 1 teaspoon Dijon-style mustard
- 2 tablespoons white vinegar
- 1 tablespoon white wine
- ¼ cup light olive oil

SALAD INGREDIENTS:

- ½ to 1 head radicchio, broken into mixed salad-sized pieces. Use less if you don't like its tartness; more if you do.
 - 2 heads of young and tender curly endive, washed, dried and torn into pieces
 - 1 large green-skinned apple (Granny Smiths or Pippins are best), cut into ¼-inch slices
- Combine dressing ingredients and mix well. In a large salad bowl, combine salad ingredients. Whisk dressing again and pour over salad. Toss and serve.
Serves 4