

## Parmesan Lemon Chickpea Salad



### Ingredients

1 15-ounce can chickpeas, drained  
Zest & juice from ½ lemon  
1 tablespoon olive oil  
A pinch of salt  
A couple grinds of black pepper  
1/3 cup loosely packed shredded Parmigiano Reggiano\*

### Instructions

Combine all ingredients in a bowl, and stir gently to mix.

Taste, and adjust seasoning as necessary. I cannot emphasize enough: the amounts of all ingredients above is a great starting point but experiment and adapt to your taste. If it's too tangy for you add more olive oil and or Parmesan.

Serve immediately, or chill, covered, until serving.

\*For this salad I love the light fluffy texture of Parmesan freshly grated with a Microplane and how it sort of melts into an experience of more flavor and less texture. However, use what you've got and perhaps experiment with the larger grate of a box grater if you want your Parmesan to add more texture to your salad.

*Original recipe adapted by Kip Hardy, MS, RDN from Molly Wizenberg via Orangette <https://orangette.net/2007/01/brown-bag-it/>*

# Curried Chicken Salad



## Ingredients

1-pound cooked boneless chicken\*  
½ cup dried cranberries  
¾ cup mayonnaise  
3 teaspoons mild curry powder  
1 teaspoon turmeric  
½ cup chopped green onions (green part only)  
½ cup chopped pecans  
Pinch of salt  
Black pepper to taste

## Instructions

Shred or dice chicken into bite-sized pieces and add to a large mixing bowl.  
Add the remaining ingredients and mix to combine.

\*Using leftover chicken from a store-bought rotisserie chicken or another recipe is a fantastic idea. But if you don't have cooked chicken on hand, the best method to prepare chicken for chicken salad is to poach it. This results in juicy, flavorful chicken in a short amount of time.

To poach chicken

Add a pound of chicken to a pot with enough water to cover. Generously season the water with salt like you would when cooking pasta. Bring to a low boil. Flip the chicken in the pot then remove from heat and cover with a lid. Let chicken sit for 10 minutes or until internal temperature reaches 165°F. Remove the chicken from the water and let it rest on a cutting board until it is cool enough to handle for dicing or shredding.

Original recipe by Kip Hardy, adapted from Jenn Seay, MS, RDN (<https://outsideinnutrition.com/>)

## Emerald City Salad



### Ingredients

1 ½ cup wild rice (or other grain such as quinoa, brown rice, farro or barley)  
1 bunch kale  
1 bunch chard  
1 red bell pepper, diced  
1 yellow bell pepper, diced  
1 fennel bulb, thinly sliced

1 bunch green onions, chopped  
1/2 cup chopped parsley  
1/2 cup lemon juice  
1 teaspoon Dijon mustard  
1 clove garlic, minced  
Salt and pepper, to taste  
1/2 cup olive oil

### Instructions

Bring 4.5 cups salted water to a boil; add rice. Bring back to a boil, cover and reduce heat to simmer. Cook until the water is absorbed, 60 to 65 minutes if using wild rice; remove from the heat and let cool slightly.

While rice is cooking, remove tough stems and ribs from greens and chiffonade (cut into ribbons). Place greens in a large bowl and when the rice has cooled slightly, dump the warm rice on top of the greens and set aside. This allows the heat from the rice to slightly wilt the tough greens and begin to tenderize them.

Whisk together lemon juice, garlic, mustard, salt and pepper. Slowly drizzle olive oil into the mixture while continuously whisking to create an emulsified vinaigrette.

Add peppers, fennel, green onions and parsley to the rice and greens.

Pour the vinaigrette over the grain and vegetable mixture and stir to combine.

Make this salad up to 4 days ahead and refrigerate until ready to serve.

## Red Fruit Salad



### Ingredients

2 pounds red fruit that are in season together such as strawberries, cherries, plums, and raspberries

Handful each of basil & mint, optional

1 ¼ teaspoon ground coriander, or more to taste

2-3 tablespoons dark brown sugar

1 tablespoon red wine vinegar

### Instructions

Hull strawberries and pit cherries, if using. Then cut fruit into bite-sized pieces.

Tear basil and mint or stack the leaves and slice into ribbons

Combine fruit in a bowl and herbs, if using.

Sprinkle with coriander and brown sugar and drizzle with red wine vinegar

Toss gently to combine and let rest for about 10 minutes to allow flavors to combine.