

# Clean Out The Fridge Chopped Salad



## Start with your vinaigrette

I like to make the vinaigrette in the bowl I'm going to build the salad into so that things can have a head start on marinating when I add them to the bowl after chopping. You can use whatever vinaigrette you like but I find that chopped salads can tolerate a higher ratio of acid than a salad with mostly tender greens so I tend to make my acid to oil ratio about 50/50 for chopped salads. How much vinaigrette should you make? I usually start with about ½ cup in the bowl and see where that takes me. This is enough to dress about 6 cups of vegetables. A little extra vinaigrette isn't a problem and if I have too many vegetables and I need more dressing, just add more oil and vinegar to the bowl with the vegetables.

## Choose your produce

This is a great way to use up what you have on hand but I tend to focus on crunchy substantial vegetables that can tolerate being marinated in a vinaigrette without getting soggy and sad. Some good options: **cabbage, kale, onions, bell peppers, fennel, radishes, fresh or frozen peas, cucumber, zucchini, yellow squash, blanched green beans, carrots and celery.**

## Add extra texture and flavor

Chopped salads are lessons in contrasting textures and flavors. You can play off all the vegetable crunch by adding:

- Softer ingredients like **chopped boiled egg, avocado, canned artichoke hearts, chickpeas or beans.**
- Strong flavors like **olives, diced cheese, capers, sun-dried tomatoes or pepperoncini peppers.**
- Elements of sweetness by including crunchy **apples, grapes or dried fruit like raisins, cranberries, chopped apricots or chopped dates.**
- A nutty crunch with **toasted pistachios, walnuts, almonds or pecans**
- Fresh green herbs like **basil, parsley, dill, chives, mint or cilantro**

## Chop & Toss!

Dice all your vegetables into relatively small uniform pieces. If there are some ingredients like a green pea or caper you can skip chopping those. But the idea is that you want to be able to eat it with a spoon and get lots of different flavors in each bite. As you chop, clear your cutting board by adding everything to the bowl with your vinaigrette and tossing with every few additions.

## Taste & Adjust

Give everything a good toss to ensure you've got an even mixture and that everything has had a chance to get a vinaigrette bath. Then taste and adjust your seasonings and decide if you need any more of any particular ingredients, especially salt, pepper, oil or vinegar.

*Original recipe by Kip Hardy, MS, RD*

# How to make a vinaigrette without a recipe



## Ingredients to consider

### **Acid**

This is the foundation of your sauce and will impart the most flavor. Vinegar and citrus juice are the most common. Think: *balsamic, sherry, red wine or white wine vinegar or lemon, orange or lime juice*. Think about how much vinaigrette you need then consider the ratio of acid to oil to determine how much vinegar to start with. Most vinaigrettes have a ratio of 1:2 or 1:3 acid to oil depending on how much tangy flavor you prefer. If you want about a cup of vinaigrette, start with ¼ cup of vinegar and build from there.

### **Emulsifier**

This is the ingredient that makes your oil and vinegar or citrus juice come together into a cohesive sauce. *Dijon mustard* is standard but other varieties of *mustard* or *mayonnaise* can also do the trick as will *honey* or finely grated *ginger* or *garlic*.

### **Extras**

The possibilities are endless but your primary goal is to add or balance flavor! *Finely minced herbs, minced or grated garlic, shallot or ginger, ground spices, hot sauce, maple syrup, and citrus zest* are all worth considering

### **Oil**

Use something neutral like *canola* or *safflower* or choose something that adds its own flavor like *olive oil, toasted sesame oil, or walnut oil*.

## How to assemble your vinaigrette

### **Jar method**

This is the simplest method and works best for basic recipes without too many ingredients and a modest volume. Combine all the ingredients in a jar and shake the dickens out of it.

### **Bowl & whisk method**

This is the classic method that works well if you have more ingredients to combine. Add the acid, emulsifier and any extra ingredients besides the oil and mix them to combine. Then slowly drizzle in the oil in a very thin stream while you whisk.

### **Blender method**

This method works well if you are making a large volume or if you are using a less stable emulsifier. Combine all the ingredients and blend with a standard blender or immersion blender.

**Original recipe by Kip Hardy, MS RDN**

## Quick Coconut Chickpea Curry

Feel free to adapt this recipe and change up the vegetables based on what's available and in season. This is a great use for frozen vegetables as well. The protein can also be adapted to whatever you have such as diced cubes of tofu or pieces of leftover rotisserie chicken. As for the curry powder, if you want to take the time to make your own with whole spices and grind them, you'll be rewarded with something extra special. But don't let your lack of time or will to toast, grind and mix spices stop you from making this. It will be very tasty with whatever curry powder you like and have available.

### Ingredients

- 1 tablespoon oil
- 1 medium onion, diced
- 1-2 garlic cloves, minced
- 2 medium carrots, diced
- ½ teaspoon salt
- 1-2 tablespoons curry powder\* or prepared curry paste
- 1 can whole coconut milk
- 1 can chickpeas, drained (reserve liquid)
- Half a head of cauliflower (about 2 cups) cut into small florets
- 1 cup green beans, cut into 1" pieces
- ½ cup toasted cashews
- Handful of cilantro, loosely chopped (optional)

### Instructions

Heat oil in a large sauce pan over medium heat.

Add onions, carrots and garlic and cook, stirring constantly for 1-2 minutes until onions are translucent but not browned.

Add salt and curry powder and stir for about another minute until the curry powder or paste becomes fragrant but not burnt.

Add the coconut milk and chickpeas and stir until everything is evenly mixed.

At this point you can decide if you want a more thick, rich curry dish or if you want it to be looser and more brothy. You can use the reserved liquid from the chickpeas or water or vegetable stock if you want a thinner curry dish.

Let this come to a boil then reduce to a simmer and cook down for a few minutes before adding the cauliflower and green beans.

Once you add the cauliflower and green beans cover and cook until the vegetables are as tender as you like. This might only be a few minutes if you like your vegetables to have more bite or as much as 10 minutes if you want very tender vegetables.

Remove the pot from heat and stir in the cashews. Serve over rice and garnished with cilantro.



# How to Make Hummus or Other Bean Dips Without a Recipe



## Tools

The best and easiest way to make hummus is in a food processor, but a blender will also work. To get things fully mixed in a blender you may need to make a thinner hummus by adding more liquid. Or if you are making only 1 can worth, you can use a mini chopper.

## The Beans

Hummus refers specifically to **chickpeas** in Arabic but you can use this method to make any kind of spreadable bean dip using any kind of cooked bean or legume you like such as **black beans, white beans, lentils or edamame**. If you have a big pot of beans you've cooked for the week, this is a great way to use them but canned beans are definitely the easiest and work great.

One regular sized can of drained beans is about 1 ½ cups of beans so use that as your guide if you are using beans you've cooked yourself. 1 can of drained beans makes about 1 cup of hummus so don't be shy about starting with 2 cans if you know you'll eat it up! If you are using **garlic**, add a peeled clove to the food processor with your beans

## The Liquid

The ratio to remember as a starting point is 1/3 cup liquid for every can of beans. Half oil and half acid though some of your liquid can be **water**. Traditionally **olive oil** is the oil of choice and it offers a great flavor and healthy fat profile. But feel free to experiment with toasted sesame oil or peanut oil which both impart interesting flavors. Traditional hummus uses **lemon juice** as the acid to balance the richness of the beans and oil but feel free to try other citrus juices or vinegars. Water will help thin your hummus without changing the flavor.

## Tahini and Other Flavors

Tahini which is made from ground sesame seeds is essential to traditional hummus but if you are making some other kind of bean dip feel free to skip it. If you are using it **1 tablespoon of tahini** per can of beans is a great starting point.

You are going to want to add **salt** but beyond that, the sky is the limit for flavors. This could be in the form of spices like **black pepper, smoked paprika, ground coriander or cumin, zest from the lemon you used for juice**. You can also blend in other flavorful ingredients like **roasted red peppers, roasted garlic, artichokes, olives, roasted vegetables like beets, carrots or eggplant, or interesting sauces like hot sauce, chili crisp or hoisin**. Add your flavorings in small doses and taste as you go.

## Blend it up!

Once you've got everything in the machine crank it up and puree everything until you have a nice smooth mixture. You can't over mix it so keep it going until it is as smooth as you like it. If you find it is too thick, add additional liquid in small amounts, blend again and taste.

## Store It

Your homemade hummus can be stored in a sealed container in the refrigerator for up to 5 days.

*Original recipe by Kip Hardy, MS, RD*