

April 2023

**SALADS NEED NOT BE AFTERTHOUGHTS
OR JUST BOWLS OF GREENS:**

**Australian Lemon Barley Salad with Fruit and
Toasted Walnuts**

**Beet, Onion, and Pine Nut Salad with Creamy Celery
Seed Dressing**

**Beets with Orange *Vinaigrette*, Pecans, and Goat Cheese
Salad of Baby Potatoes with Creamy *Gorgonzola* Cheese
Dressing**

Zucchini, Carrot, and *Tortellini* Salad with *Radicchio*

E-mails during the pandemic have often asked for salad ideas that did not require fresh greens. Those writing were concerned about the safety of produce. I, too, was struggling with menu planning; I, too, was concerned about food sourcing.

My mother and grandmother kept feeding their families during the Depression and World War II. As a child, of course, I never appreciated how meals were assembled but soon I would understand the example my grandmother had set for all of us. She would open the ice box, later the refrigerator; she would survey the fruit cellar; and then head for the root cellar for the rest. There was no going online to order groceries or driving to a store to have those groceries loaded into your trunk; there was no take-out or meal delivery services. I reached way back into my family history for inspiration . . . Pantry and grocery pickups had to be carefully allotted during the months of isolation. These recipes evolved to use the foods on hand which, let's face it, is often the situation on the best of our days.

In March 2020 winter salads got us started on this subject. Here, three years later, the limited produce during the Covid-19 pandemic, especially during the winter months, has prompted me to revisit the menu potential of vegetable salads. Until our food supply chain is firmly re-established, these substantial salads may be depended upon to serve us well.

Salads, like the ones included here, have been tools of my menu planning, of supporting the nutritional needs of my family. I actually learned to start my meal prep with the salad elements to insure that a quick bowl of greens didn't become the norm. I began collecting "do ahead" vegetable salad recipes, and for that matter desserts to, when morning prep was required because I was teaching afternoon classes. Then, as the years went by, I found my time consumed with writing and research. In retirement, still writing and researching, we decided to move our main meal from evening to mid-day. Again, I was on a new learning curve and again salads and desserts were my first projects in the morning. Many of those tried and true recipes survived to be useful tools during the many months we have been in isolation when nothing on the menu was an afterthought but instead a careful calculation of resources.

Dried *tortellini* were a pantry standby for extra protein when required. Adding a little zucchini, carrot, *radicchio* and a salad dressing brought more nutrition and eye appeal to our table. The rest of the zucchini could be diced



with an apple and a mini cucumber for another salad. Nuts, also larder staples, proved useful too. The beet, onion, and pine nut salad, included here, used up the *radicchio* from the *tortellini* salad. It is a favorite winter salad that we often turned to



during the pandemic, sometimes with the lettuce, if we could get some, and sometimes without. I use canned baby beets from my pantry for this salad but the second beet salad I have included, beets with orange vinaigrette, pecans, and goat cheese, is best made with fresh beets. You want a flavor that can stand up to goat cheese and those large round beet slices present beautifully.

AUSTRALIAN LEMON BARLEY SALAD WITH FRUIT AND TOASTED WALNUTS

TPT - 7 hours and 24 minutes;
2 hours = dried fruit soaking period;
30 minutes = cooling period;
4 hours = flavor development and chilling period

Barley provides a substantial medium for what is essentially a fruit salad which can be conveniently prepared ahead for, say, a spring picnic or an autumn hike in the woods. Remember the protein in barley is fully complemented and a useful tool in meeting your protein needs.



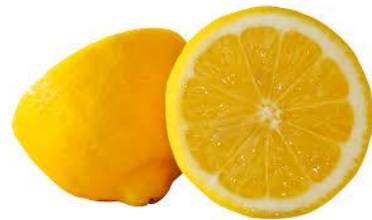
1 tablespoon preservative-free dark raisins
2 preservative-free dried apricot halves—thinly sliced
Boiling water

1/4 cup medium barley
1 slice lemon
1 cup water

1 1/2 teaspoons freshly squeezed lemon juice
1 tablespoon chopped chives or thinly sliced scallion
Freshly ground black pepper, to taste

1 1/2 teaspoons raspberry vinaigrette*

1 small apple—well-washed, quartered, cored, and diced (*An Envy apple would be our choice.*)
1 1/2 teaspoons chopped walnuts—toasted



In a Pyrex measuring cup, soak raisins and thinly sliced apricot halves in boiling water for 2 hours. Drain.

In a saucepan set over *MEDIUM* heat, combine barley, lemon slice, and water. Bring to the boil. *Reduce heat to LOW-MEDIUM* and allow to simmer, uncovered for about 40-45 minutes, or until moisture has been absorbed and barley is tender. Remove and discard lemon slices.

Add lemon juice, chopped chives or scallions, black pepper, raisins, and apricot slices. Mix well. Turn into a mixing bowl, cover, and refrigerate for 30 minutes.

Add *vinaigrette*. Stir to mix well. Return to refrigerator for 4 hours, or overnight, to allow for flavor development and for the dried fruits to absorb liquid from the barley–lemon mixture. Stir several times during this refrigeration period.

When ready to serve, add diced apple and *toasted* walnut pieces. Turn into a serving bowl.

Refrigerate any leftovers.

Yields 4 servings

Notes: *My recipe for Australian Raspberry *Vinaigrette* can be found on p. 452 of volume II of *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*. There is a recipe there for making your own raspberry vinegar too.

This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 1.9 g.; FAT = 3.0 g.; CARBOHYDRATE = 19.0 g.;
CALORIES = 106; CALORIES FROM FAT = 27%

BEET, ONION, AND PINE NUT SALAD WITH CREAMY CELERY SEED DRESSING

TPT - 10 minutes

I have always loved beets and can remember hearing, as a small child, that beets tasted like fresh corn if you salted and buttered them liberally. In the winter we had only canned corn, which was relatively expensive and scarce during the war years because the metal was needed for the war effort. Whoever said it, and I can't remember all these years later, may have convinced those who had become bored with a daily fare of root vegetables as the winter wore on. I put the recommendation to the test and decided that I liked beets any old way. Anytime I can slip beets into a menu, I do. This salad is beautiful and just sparkles with flavor. The bitter, sour, sweet exchange is really a marvelous sensation. Your taste buds fire back and forth sending messages that please. Don't be put off by the quantity of onion. The sweet onion is the perfect addition.

CREAMY CELERY SEED DRESSING:

2 tablespoons calorie reduced or light mayonnaise
1 tablespoon white wine vinegar or herbed vinegar,
of choice, if preferred*
1/2 teaspoon celery or lovage seeds

2 large leaves Verona radicchio

8 ounces canned baby beets—drained and sliced into rounds

1/2 Vidalia salad onion—well-washed and thinly sliced
crosswise, if available or the equivalent in sweet onion
slivers

2 thin slices Italian red onion—separated into rings

1/4 cup pine nuts (*pignoli*)

1/2 cup shredded iceberg lettuce



In a small bowl, combine mayonnaise, vinegar, and celery seed. Blend thoroughly.

Separate leaves of *radicchio*. Rinse well and dry well. Arrange on a deep platter or in a shallow salad bowl.

Scatter sliced baby beets over *radicchio*-lined serving platter. Scatter Vidalia salad onion slices over. Arrange red rings across the top of salad mixture. Sprinkle pine nuts (*pignoli*) over. Top with shredded lettuce.

Serve *well-chilled*. Pass prepared salad dressing to accommodate individual tastes.

Yields 4 servings

Notes: *I make a vinegar with the herb salad burnet, shallots, and black pepper. It is perfect for this salad.

This recipe may be halved or doubled, when required.

1/4 SERVING (with dressing) –
PROTEIN = 6.0 g.; FAT = 17.9 g.; CARBOHYDRATE = 13.1 g.;
CALORIES = 191; CALORIES FROM FAT = 84%

BEETS WITH ORANGE VINAIGRETTE, PECANS, AND GOAT CHEESE

TPT - 10 minutes

Boiled or baked, sliced, and chilled beets or even canned beets can be used in this salad that all at once says autumn harvest to me. Any goat cheese that you prefer is perfect for this salad but a widely-available packaged goat cheese with a touch of honey is most perfect—beets are sweet, the vinaigrette is sweet, and toasted pecans are sweet so the honey compliments very well indeed.

**1 tablespoon extra virgin olive oil or walnut oil,
if preferred**
2 teaspoons well-drained, finely chopped orange pulp

**1 large beet—boiled or baked, peeled, sliced, and
chilled**
1 tablespoon toasted pecan halves
1/2 ounce goat cheese with honey—sliced
Freshly ground black pepper, to taste

In a small dish, combine oil and orange pulp. Stir well to combine. Set aside briefly.

Divide beet slices between two salad plates.* Scatter pecan halves over. Arrange goat cheese slices to the side of the beets. Grind black pepper over. Divide the prepared orange *vinaigrette* between the servings, spooning it over the beets. Chill in the refrigerator until ready to serve.



Yields 2 servings

Notes: *I like to serve this salad on a black plate. The contrast is dramatic.

This recipe can be doubled, when required. It is an interesting salad for a buffet and it only takes minutes to prepare.

1/2 SERVING – PROTEIN = 2.2 g.; FAT = 20.8 g.; CARBOHYDRATE = 3.6 g.;
CALORIES = 118; CALORIES FROM FAT = 83%

SALAD OF BABY POTATOES WITH CREAMY GORGONZOLA CHEESE DRESSING

TPT - 2 hours and 40 minutes;
2 hours = marination and cooling period

I love to stick my hand down in the soil and rub a few of these from under my potato plants for dinner. They are so full of flavor and there is no reason to peel these tiny gems if you grow the plants in the far corner of your organic herb garden.



8 baby potatoes (sometimes called pee wee potatoes)—well-scrubbed, but *unpeeled*

2 quarts *boiling* water

2 teaspoons apple cider vinegar

Salt, to taste

Freshly ground black pepper, to taste

2 medium red radishes—sliced

2 tablespoons chopped Italian red onion

CREAMY GORGONZOLA CHEESE DRESSING:

4 teaspoons *calorie-reduced or light* mayonnaise

2 teaspoons *light* dairy sour cream

2 teaspoons crumbled *gorgonzola* cheese

4 teaspoons light cream *or* half and half



2 large red lettuce leaves

Hungarian sweet paprika—for garnish

Cook whole potatoes in *boiling* water until *firm-tender*—about 15 minutes. (*They will yield to a fork, but not crumble.*) *Do not peel.* Cut into half and place in a large mixing bowl.

Sprinkle *hot* potatoes with cider vinegar, salt, and black pepper. Toss *very gently*.

Refrigerate for 2 hours. Turn potatoes occasionally to insure uniform distribution of the vinegar.

Add sliced red radish and chopped onion. Toss *very gently*.

In a small bowl, combine mayonnaise and sour cream. Mix well. Add *gorgonzola* cheese and cream. Carefully stir cream into mixture to form a uniform dressing. Add to potatoes. *Gently* fold in dressing *being careful not to break potatoes*.

Line serving bowl with lettuce leaves. Spoon potato salad into the center. Garnish with paprika. Refrigerate briefly if necessary.

Yields 2 servings

Note: This recipe may be doubled, when required.

1/2 SERVING – PROTEIN = 4.6 g.; FAT = 5.3 g.; CARBOHYDRATE = 28.0 g.;
CALORIES = 175; CALORIES FROM FAT = 27%

ZUCCHINI, CARROT, AND *TORTELLINI* SALAD WITH *RADICCHIO*

TPT - 3 hours and 24 minutes;
2 hours = flavor development of dressing
1 hour = prepared salad chilling period

Here's an interesting, very easily prepared salad which we enjoy in the winter. It is a favorite salad of ours to accompany Sicilian stuffed artichokes.

HONEY – MUSTARD DRESSING:

1 tablespoon *extra virgin* olive oil
1 1/2 teaspoons white wine vinegar *or* herb
vinegar, of choice, if preferred
1/2 teaspoon *Dijon*-style mustard with wine
1/2 teaspoon honey
Freshly ground black pepper, to taste
1 small garlic clove—halved



20 *small, dry tortellini*
2 quarts *boiling* water
1/2 cup diced carrot

1/2 cup diced zucchini
1/4 cup chopped red *radicchio* leaf

In a cruet, combine oil, vinegar, mustard, honey, and pepper. Shake vigorously. Add garlic halves. Shake vigorously. Set aside for 2 hours to allow for flavor development.

In a saucepan set over *MEDIUM* heat, cook *tortellini* in *boiling* water according to package directions. Three minutes before *tortellini* are cooked, add diced carrot. Continue cooking. Drain well. Turn into a serving bowl.

Add diced zucchini, *radicchio* leaf pieces, and prepared dressing. Toss to coat ingredients with dressing. Refrigerate for at least 1 hour. Drain off excess dressing before serving.

Serve chilled.

Yields 4 servings

Note: This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 2.7 g.; FAT = 4.8 g.; CARBOHYDRATE = 12.3 g.;
CALORIES = 109; CALORIES FROM FAT = 40%

*Maybe these ideas will be helpful to you
on one of “those days”
and maybe next month you’ll find the time to drop by again;
I’ve dug out some of my favorite custard recipes,
sweet and savory, from my files to share,*

Judy

Please note that all food value calculations are approximate and not the result of chemical analysis.

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