

Salad proportions for 2020

Quantized as much as possible by ingredients rather than attendees

Quinoa tabbouleh

This recipe is the one that should accommodate almost all of the food restrictions that attendees can come up with!

Yield: ~2½ qt

- 1½ c water
- ¾ c quinoa
- 1 t salt
- 3 T olive oil
- ½ t sea salt
- 3 T lemon juice
- 2 or 3 tomatoes, diced
- 1 cucumber, diced
- 1 or 2 bunches green onions, diced
- 2 carrots, grated
- 1 bunch fresh parsley, chopped

In a saucepan bring water to a boil. Add quinoa and a pinch of salt. Reduce heat to low, cover and simmer for 15 minutes. Allow to cool to room temperature; fluff with a fork.

Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, carrots and parsley. Stir in cooled quinoa.

Waldorf salad

Yield: ~2 qt

- 4 apples, cubed (leave on peel)
- 1 or 2 bunches of grapes (around ¾ lb)
- ¾ cup celery slices
- 2 to 4 fl oz lemon juice depending on your taste
- 2 oz walnuts, coarsely chopped (optional)
- 1 lb vanilla yogurt
- 2 t sugar
- 2 t lemon rind

Garbanzo salad

Yield: ~2 qt

- Assemble the main ingredients
 - 1 15.5 oz. can garbanzos
 - 1 15.5 oz. can red beans
 - 1 15.5 oz. can pinto beans
 - 1 cup sliced celery
 - 22.5 oz cucumbers, peeled and sliced
 - ½ bunch green onions, sliced
 - 3 or 4 radishes, sliced
 - ¼ cup black olive slices
- Stir all the beans and veggies together
- Dress with vinaigrette dressing to taste

Vinaigrette dressing (2 cups; enough for 4 or 5 batches, but since it also works as a general salad dressing, this might be a convenient amount to make as a batch)

- 1 t dry mustard
- 1 t paprika
- ½ t black pepper
- 1⅓ c salad oil
- ⅔ c vinegar
- ⅔ t onion juice

Spicy Black Bean and Corn Salad

Yield: scant 3 qt

- 2 (15-oz) cans black beans, drained and rinsed
- 2 (15-oz) cans corn, drained
- 1 lb chopped Roma tomatoes (2-1/4 cup, ~4 tomatoes)
- 2/3 cup red onion, minced
- 1 large green onion (1/2 to 3/4 cup), thinly sliced
- 1/2 cup cilantro (aka coriander leaf), chopped
- 1 Tbs cumin seed
- 1 tsp salt
- 1 tsp adobo powder

Stir ingredients together. Season to taste with smoked chipotle vinaigrette (see below)

Smoked Chipotle Vinaigrette:

- 1/3 cup olive oil
- 3 Tbs lime juice (or wine vinegar)
- ½ to 1 chipotle pepper, canned in adobo sauce, minced
- ½ Tbs adobo sauce (from the can)
- ½ tsp sugar
- 1 tsp black pepper
- ½ tsp adobo powder (or garlic powder or salt)