

Pomegranate Salad – Mrs. Bluma Kostelitz

Salad:

Lettuce
Avacado
Grape Tomatoes
Red onion
Pomegranate
Hearts of Palm

Dressing:

½ cup sugar
1/3 cup vinegar
1 tsp. mustard
1 tsp. salt
2 tsp. minced onions
1 tsp. poppy seeds
¼ cup oil

Cabbage Salad – Mrs. Zucker

Salad:

8 oz. red cabbage
8 oz. green cabbage
3 scallions or red onion
½ cup toasted almonds
½ cup pomegranate seeds or craisins

Dressings:

1 cup
¼ cup sugar
¼ cup vinegar
1 tsp. salt
1/3 cup water
2 cloves garlic
Dash of pepper

Nish Nosh Salad:

Salad:

Nish Nosh crackers
1 bag lettuce
1 bag red cabbage
1 box grape tomatoes, halved
3 cucumbers
1 small red onion

Dressing:

Saladmate Nish Nosh dressing

Euro Salad with Roasted Garlic Dressing - BAIS YAAKOV COOKBOOK, Bais Yaakov Chicago

Salad:

1 head of garlic
8 oz bag Euro salad mix
1 pint grape tomatoes, halved
15 oz can of chickpeas, drained
Raisins (optional)
¼ cup pine nuts
¼ cup macadamia nuts

Dressing:

½ cup oil
4 tsp. balsamic vinegar
3 cloves toasted garlic
1 tsp. lemon juice
1 tsp. salt
1/8 tsp. ground black pepper

To roast garlic:

Preheat oven to 400 degrees. Wrap garlic tightly in aluminum foil and place in a baking pan. Roast for 45 minutes until caramelized. Let cool.

To assemble salad:

Prepare dressing. Combine oil, balsamic vinegar, 3 cloves roasted garlic, lemon juice, salt and pepper in a blender. Process until smooth.

Place salad mix, grape tomatoes, chickpeas, raisins, pine & macadamia nuts in large bowl. Chop the remaining caramelized cloves and add to the salad. Pour dressing over vegetables and toss to combine.

Pretzel topped salad with honey mustard vinaigrette – BAIS YAAKOV COOKBOOK, Bais Yaakov Chicago

Salad:

1 bag romaine lettuce
1 avocado, diced
½ pint grape tomatoes, halved
1 bunch scallions, white part only
¼ cup scallions
1 cup pretzel crisps, everything flavor, broken into small pieces.

Dressing:

½ cup sugar
¼ cup canola oil
2 tbsp. red wine vinegar
2 tsp. soy sauce
2 tsp. honey mustard
1 clove garlic, crushed
Salt
Black pepper

Spinach Salad with Beets & Sweet Potatoes – Mrs. Blimi Barkin

Salad:

Spinach leaves
¾ cup cooked quinoa
Cherry tomatoes
3 tbsp. sunflower seeds
½ red onion sliced thin

Roast at 400 with olive oil:

1 beet
1 sweet potato

Dressing:

1/3 cup olive oil
1 tsp. honey
1 tsp. brown sugar
1 tbsp. Dijon mustard
1 tsp. salt
5-6 basil cubes
1 garlic cube

Candied Sweet Potato with Spicy Walnuts – THE BEST OF FAMILY TABLE, Chanie Nayman

Salad:

2 sweet potatoes – unpeeled
Kosher salt
Oil for brushing
½ tsp. dried thyme
8 oz. arugula
½ red onion, finely sliced

Spicy Walnuts:

1 egg white
2 cups shelled walnut halves
¼ cup sugar
1 tsp. cinnamon
½ tsp. cayenne pepper
¼ tsp. salt

Dressing:

¼ cup oil
3 cloves mince garlic
3 tbsp. honey or maple syrup
¼ cup red wine vinegar or lemon juice
1 ½ tsp. salt

Preheat oven to 350 degrees. Cut sweet potatoes in strips and rub with oil, salt and thyme. Bake for 20 minutes, flip and bake for another 25-30 min.

Preheat oven to 250 degrees. Beat egg whites until stiff. Stir in nuts until well coated. Set aside. In a small bowl combine sugar, cinnamon, pepper and salt. Add to nuts and toss to coat. Spread on greased baking sheet and bake for 20-25 minutes until golden, stir often. Remove and allow to cool. Can be stored in an airtight container for up to 2 weeks.

Whisk all dressing ingredients together. Toss everything and dress.