

Salads and Sauces

Grapefruit Vinaigrette

- ¼ cup grapefruit balsamic
- ¼ tsp. ground white pepper
- ½ cup Herbs De Provence olive oil

Whisk together all ingredients, serve over salad of your choice.

Berry Slaw

- ¼ cup strawberry balsamic vinegar
- ¼ cup unsweetened cranberry juice
- 1 tsp. sugar
- ½ tsp. salt
- ¼ tsp. white pepper
- 6 cups shredded cabbage
- 1-1/2 cups sliced fresh strawberries
- ½ cup dried cranberries

In a bowl, combine balsamic, cranberry juice, sugar, salt and pepper; add cabbage. Toss gently to coat. Cover and refrigerate for at least 8 hours or overnight, stirring occasionally. Just before serving stir in strawberries and dried cranberries. Makes 6 servings.

The Copper Olive's Balsamic Pasta Salad

- 1/3 cup traditional balsamic vinegar
- 3 tbsp. basil olive oil
- ¼ tsp. ground black pepper
- 1 tsp. Seasonello Herbal salt
- 1 tsp. dried basil
- ¼ cup fresh grated Parmesan, Asiago or Romano cheese
- 4 cups cooked pasta
- 1 cup broccoli, chopped into flowerets
- 1 red pepper, chopped
- 1 bunch of green onions, chopped fine

Wish first 6 ingredients together to prepare dressing, set aside. Combine cooked pasta, broccoli, chopped red pepper and onion in a mixing bowl. Pour dressing over pasta mixture, toss to coat. Chill until ready to serve. Makes 4-6 servings.

Oriental Asparagus Salad

1 pound asparagus, cut into 2 inch pieces
2 tbsp. lite soy sauce
1 tbsp. toasted sesame oil
1 tbsp. blackberry ginger balsamic
1 tsp. sesame seeds, toasted
¼ tsp. ground cumin

In a saucepan, cook the asparagus in a small amount of water until crisp-tender, about 3-4 minutes. Drain well and place in a large bowl. Combine the soy sauce, sesame infused olive oil, blackberry ginger balsamic, toasted sesame seeds and cumin; pour over asparagus and toss to coat. Cover and chill for 1 hour. Drain before serving.

Asian Slaw

¼ cup honey ginger balsamic
¼ cup cilantro roasted onion olive oil
1 pkg. oriental flavor ramen noodle soup mix
1 pkg. shredded cabbage w/carrots
1 med. Onion, chopped
1 red, yellow, orange and green pepper, chopped
1 broccoli, chopped into flowerets
½ bunch, cilantro, chopped or to taste
¼ cup salted peanuts, chopped (optional)

Mix cabbage, onions peppers, broccoli, and cilantro in a large bowl. Take the seasoning packet from the ramen noodles and whisk with the honey ginger balsamic and the cilantro roasted onion olive oil, pour over veggies and toss well. Just before serving, crush the ramen noodles and sprinkle over the top of salad. Sprinkle peanuts over top if using. Serve chilled. Makes 6 servings.