



## Summer Salad Recipes

### Bulgur Salad with Grapes and Kale

Serves 6

1 cup bulgur  
Kosher salt  
1 cup pecan halves, toasted and roughly chopped  
2 cups halved seedless California grapes  
2 cups packed finely slivered kale or Swiss chard leaves  
1/2 cup chopped Italian parsley  
1/4 cup thinly sliced scallions  
1/4 cup lemon juice  
2 tablespoons extra-virgin olive oil  
2 teaspoons finely grated lemon zest  
Pinch cayenne  
Black pepper



Bring 2 cups of water to a boil in a medium saucepan. Stir in the bulgur and ½ teaspoon salt and remove from the heat. Cover and let stand 20 minutes or until most of the water has been absorbed. Drain well and press to extract any excess water. Let cool and stir in the remaining ingredients. Season well with salt and black pepper. Serve room temperature or chilled.

*Nutritional analysis per serving:* Calories 289; Protein 5.8 g; Carbohydrate 33 g; Fat 17 g; 50% Calories from Fat; Cholesterol 0 mg; Sodium 181 mg; Fiber 7.3 g.

## Grape, Tortellini and Hazelnut Spinach Salad

Makes 8 servings

20 ounces fresh cheese tortellini  
1 gallon water  
2 teaspoon salt  
1/6 cup white balsamic vinegar  
¼ cup fat-free mayonnaise  
¼ cup fat-free sour cream  
1 teaspoon Dijon mustard  
¼ teaspoon freshly ground pepper  
4 cups red seedless California grapes  
1/3 cup green onions, chopped  
1/3 cup fresh basil, chopped  
1/3 cup hazelnuts, toasted, coarsely chopped  
3 cups baby spinach



Cook tortellini in salted water to al dente state; drain well. Toss cooked tortellini with vinegar; cool to room temperature.

Combine mayonnaise, sour cream, mustard and pepper; mix well. Combine all ingredients and mix well. Let stand 1 hour in refrigerator. Toss lightly with spinach leaves and serve.

*Nutritional analysis per serving:* Calories 273; Protein 13 g; Carbohydrate 54 g; Fat 8 g (22 percent calories from fat); Sat Fat 3 g; 7% Calories from Saturated Fat; Cholesterol 28 mg; Sodium 435 mg; Fiber 4.3 g.

### **Spicy Carrot Slaw with Grapes**

Makes 8 servings



- 1/3 cup orange juice concentrate, undiluted
- 2 teaspoons fresh lime juice
- 1 small green chile, seeded and minced (use a jalapeño, Serrano, or habanero if you like it really hot)
- 1/2 teaspoon salt
- 3 large peeled carrots, shredded
- 2 cups green, red, and/or black seedless California grapes, halved
- 1/2 medium jicama, peeled and julienned (1 1/2 cups)
- 1/2 cup fresh cilantro
- 1/2 cup salted peanuts, coarsely chopped

In a small bowl, whisk together the orange juice concentrate, lime juice, chile, and salt. In a separate serving bowl, combine the carrots, grapes, jicama, cilantro, and peanuts. Pour the dressing over the salad and toss to blend. Keep refrigerated until ready to serve.

*Nutritional analysis per serving:* Calories 136; Protein 3.4 g; Carbohydrate 18.5 g; Fat 6 g; 37% Calories from Fat; Cholesterol 0 mg; Sodium 219 mg; Potassium 296 mg; Fiber 3.3 g.