

Boil potatoes in salted water just until tender to a fork, about 20 minutes. Drain, cool slightly and cut into quarters or sixths depending on size. In a medium bowl, whisk together mayonnaise, sour cream, ranch mix, dill weed, parsley, salt, pepper and reserved tablespoon of bacon drippings. Pour over potatoes and fold together with onions, bell peppers, cheese and crumbled bacon. Cover and chill.

Creamy Italian Zucchini Shreds

- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- 2 tablespoons buttermilk
- 1 tablespoon finely chopped basil
- 1 tablespoon finely shredded Parmesan cheese
- 1/4 clove garlic
- Kosher salt and black pepper
- 4 small zucchini

To make dressing: Whisk together the mayonnaise, sour cream, buttermilk, basil and parmesan cheese. Roughly chop the garlic and sprinkle with a little salt on a cutting board. Mash together with the flat side of a chef's knife until a paste forms. Add to the dressing and whisk. Let dressing sit in refrigerator for at least half an hour for flavors to meld. Season with salt and pepper.

Wash zucchini, trim the stem end and cut in half lengthwise. Cut in half or into sections about 3-4 inches long. Place the flat side against a mandolin fitted with julienne blades. Using the hand guard, cut the zucchini into spaghetti-like shreds. Sprinkle with a little salt (about 1/4 teaspoon) and toss. Let sit in a bowl with a paper towel in the bottom for about 15 minutes to pull out the excess liquid. When ready to serve, gently press the zucchini with more paper towels to remove excess moisture. Toss with enough dressing to lightly coat and serve immediately.

**Seasonal
Eating**

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



**June 2012
Sensational Salads**

<https://utextension.tennessee.edu/bedford/Pages/Seasonal-Eating.aspx>

Tossed Salad Fixings

Ranch Dressing:

1/2 clove garlic
1/2 teaspoon kosher salt
1 cup mayonnaise
1/2 cup buttermilk
2 tablespoons minced parsley
1 green onion, minced
3/4 teaspoon orange zest
Black pepper, to taste
Milk

Mash the garlic and salt to a paste with the side of a chef's knife. In a medium bowl, whisk together the garlic, mayonnaise, buttermilk, parsley, green onion, orange zest and pepper. Thin out with milk to the desired consistency.

Caesar Dressing:

1/4 cup egg substitute
1/2 cup grated parmesan
1/4 cup fresh lemon juice
2 small cloves garlic
1 teaspoon Worcestershire
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 cup olive oil

In a blender jar combine egg substitute, parmesan cheese, lemon juice, garlic, Worcestershire, salt and pepper. Blend together and with blender running on low add the olive oil in a slow, steady stream. Chill dressing.

Blue Cheese Dressing:

4 ounces blue cheese
1/2 teaspoon minced garlic
1/4 teaspoon dry mustard
1/4 teaspoon black pepper
2 tablespoons red wine vinegar
1/2 teaspoon Worcestershire
3 drops hot pepper sauce
1/2 cup sour cream
1 cup mayonnaise
6 tablespoons buttermilk

In a medium size mixing bowl, mash the blue cheese with a fork until it is in fine crumbles. Add the garlic, dry mustard, black pepper, red wine vinegar, Worcestershire sauce and hot pepper sauce. Mix with a fork. Add the sour cream mayonnaise and buttermilk and stir until well mixed.

Homemade Croutons:

Cut a loaf of French bread into 1/2 inch cubes. Melt some butter and add an equal amount of olive oil. Toss with bread cubes and sprinkle with kosher salt and black pepper. Spread in a single layer on a cookie sheet and bake at 400 degrees just until lightly browned. Let cool.

Ginger Glazed Grilled Carrot Salad

1 pound carrots, halved lengthwise and cut into 2-3" pieces
1 clove garlic, minced
1 tablespoon grated fresh ginger root
2 tablespoons brown sugar
Juice of 1/2 lime
1 tablespoon olive oil
Salt and pepper
6 cups leaf lettuce, butter head lettuce and/or pea shoots
3 green onions, sliced
1/3 cup peanuts
1/4 cup roughly chopped fresh cilantro

Blanch carrots in boiling water for 2-3 minutes, then plunge into cold water to stop cooking, drain and cool. In a medium bowl, whisk together garlic, ginger, brown sugar, lime juice, olive oil. Season with salt and pepper. Place in zip top bag with carrots and marinate overnight in the refrigerator. Grill carrots over high heat for 3-5 minutes, turn and then grill another 2-4 minutes until lightly charred on both sides. Let cool a few minutes and cut into bite sized pieces. Meanwhile, boil marinade in a small pan for a couple of minutes. Let cool. Toss greens and onions with just enough of the reduced marinade to lightly coat. Place on salad plates and top with carrots. Sprinkle with peanuts and cilantro.

Ranch New Potato Salad

1/2 pound bacon, cooked, reserving 1 Tbsp. drippings
8 cups small new red potatoes
3/4 cup mayonnaise
3/4 cup sour cream
1 tablespoon ranch salad dressing mix
1 1/4 teaspoons finely chopped fresh dill weed
1 1/4 teaspoons finely chopped fresh parsley
1/4 teaspoon salt
1/8 teaspoon black pepper
3 green onions, sliced
3 tablespoons finely chopped green bell pepper
1/2 cup shredded Cheddar cheese