

Vietnamese Cucumber Salad

INGREDIENTS

2 large cucumbers, halved with soft center removed
½ lb shrimp, poached with their shells on and then peeled once cooked
Large handful of roasted peanuts and crushed
Large handful of Vietnamese coriander, roughly chopped
Large handful of mint leaves, roughly chopped
1 large carrot, julienned (optional)

Dressing:

2 tablespoons fish sauce
3 tablespoons juice from large green limes
1 tablespoons minced garlic
2 Thai red chilies, crushed or minced
2 tablespoon sugar

Prawn Crackers or Black Sesame Rice Paper (optional to serve with the salad)

1. Prepare a large bowl of cold water.
2. Cut the cucumbers in half and remove the soft center. Then, using a sharp knife or a mandoline slicer, slice them into thin half-moons. Add them to the cold water bowl as you go. Once you've sliced all of the cucumber, rinse well and squeeze all of the water out of the cucumber. The cucumber should be dry and crispy.
3. Cut the cooked shrimp in half. Chop the Vietnamese coriander, mint leaves, and julienne the carrot (optional). Add to the dry cucumber.
4. Make the dressing by mixing all of the ingredients well. Taste and add more sugar/fish sauce/lime juice according to your preference.
5. Right before serving, toss the dressing with the cucumber mixture. Sprinkle the crushed peanuts on top.
6. You can eat the salad with prawn crackers or black sesame rice paper. Prepare them according to the directions on the package.

Ashley's Tropical Black Bean Salad with Mango

INGREDIENTS

3 cups cups cooked or 2 (15.5oz) cans black beans, drained and rinsed
1 ripe mango, peeled, pitted, and cut into 1/2-in. pieces
1/2 cup chopped red pepper
1/4 cup minced red onion

1/4 cup minced fresh cilantro
1 jalapeno, seeded and minced
3 tablespoons grapeseed oil
2 tablespoons fresh lime juice
2 teaspoons agave nectar
1/4 teaspoon salt
1/8 teaspoon ground cayenne

1. In a large bowl, combine the beans, mango, bell pepper, onion, cilantro, and jalapeno. Set aside.
2. In a small bowl, whisk together the oil, lime juice, agave nectar, salt, and cayenne.
3. Pour the dressing onto the salad and mix well. Refrigerate for 20 min and serve.

Mama Drake's Salad

INGREDIENTS

1/2 cup Ocean Spray Dried Cranberry Craisins
1 package of Perdue ShortCuts Carved Chicken Breast, Grilled Italian Style (sold in a box with three packages)
1 bottle of Ken's SteakHouse Lite Raspberry Walnut Vinaigrette Salad Dressing
6 tomatoes
Romaine Lettuce (1 bag)
2 whole cucumbers
1 bag Dole Shredded Carrots
1 tablespoon Olive Oil

Prepare the Chicken

1. On medium heat, place a skillet on the stove and add 1 tablespoon of Olive Oil
2. Once the oil gets hot, add 2 packages (about 14 shortcuts) of Perdue Chicken Shortcuts onto the skillet from the package.
3. Cook the chicken for 3 minutes, continuously flipping it over until the chicken turns brown.
4. Turn off the stove, and place the chicken in a big bowl (to be served with the salad)

Prepare the Salad

1. Add ½ of the bag of Dole Shredded Carrots into the big bowl (where the chicken is located)
2. Add ½ cup Ocean Spray Craisins to the bowl.
3. Cut each cucumber into 1/4 in thick slices (you should have approx. 12-14 slices of each cucumber).
4. Add cucumber slices to the big bowl.
5. Cut up the romaine lettuce into thin pieces and add to the big bowl.
6. Cut each tomato in half, and then cut each half into four pieces (make a vertical cut and a horizontal cut so that you have four cut pieces of tomato).
7. Add all the sliced tomatoes to the big bowl.
8. Add Raspberry Walnut Vinaigrette to the salad (however much dressing you desire).