

Picnic Salads

Compiled by The Getaway Gourmet

“Your Picnic Store”

www.thegetawaygourmet.com



Aida's Corn, Tomato and Avocado Salad

Recipe courtesy Aida Mollenkamp for Food Network Magazine



Ingredients

For the dressing:

- 1 1/2 cups packed fresh cilantro
- 1/2 cup good-quality extra-virgin olive oil
- 2 tablespoons fresh lime juice
- 1 teaspoon finely grated lime zest
- Kosher salt and freshly ground pepper

For the salad:

- 4 ears corn, kernels removed (about 3 cups)
- 1 1/2 pounds grape tomatoes, halved (about 3 cups)
- 1 pound fresh mozzarella, diced
- 2 medium avocados, diced

Directions

Combine the dressing ingredients in a blender, using 2 teaspoons salt, and pepper to taste; process until smooth.

Combine the salad ingredients in a large bowl and toss with the dressing. Let sit at least 15 minutes before serving, or cover and refrigerate for up to 4 hours.

Fresh Fruit and Mint Salad

From Food Network Kitchens



Ingredients

- 1 papaya or mango
- 1 cup strawberries
- 2 kiwis
- 1 banana

- 2 navel oranges
- 3 tablespoons honey
- 1 tablespoon Grand Marnier, optional
- 3 to 5 sprigs fresh mint
- 1 cup raspberries or blueberries

Directions

Peel and dice the mango or papaya, and put in a medium bowl. Trim the strawberries' stems and half or quarter, if large. Add to the bowl of fruit. Peel and dice the kiwi, add to bowl. Peel and slice the bananas, add to bowl.

Cut the top and bottom off the oranges just deep enough to expose the inner fruit. Following the curve of the fruit cut the skin and pith off the orange in panels. Holding the orange over the bowl cut between the membranes to free the citrus segments. Let them fall into the bowl as they are cut free. By hand, squeeze all the juice from the remaining membrane over the fruit, then discard. Repeat with the other orange.

Lightly stir the honey and Grand Marnier, if using, into the fruit. Strip the mint leaves off the stem, tear, or chop into smaller pieces, and stir into the fruit salad. Add the berries and set aside for 10 minutes or up to 2 hours.

Serve.

Broccoli Salad

Recipe courtesy Paula Deen



Ingredients

- 1 head broccoli
- 6 to 8 slices cooked bacon, crumbled
- 1/2 cup chopped red onion
- 1/2 cup raisins, optional
- 8 ounces sharp Cheddar, cut into very small chunks
- 1 cup mayonnaise
- 2 tablespoons white vinegar
- 1/4 cup sugar
- 1/2 cup halved cherry tomatoes
- Salt and freshly ground black pepper

Directions

Trim off the large leaves from the broccoli stem. Remove the tough stalk at the end and wash broccoli head thoroughly. Cut the head into flowerets and the stem into bite-size pieces. Place in a large bowl. Add the crumbled

bacon, onion, raisins if using, and cheese. In a small bowl, combine the remaining ingredients, stirring well. Add to broccoli mixture and toss gently.

Crab and Avocado Salad

Recipe courtesy Food Network Magazine



Ingredients

- Kosher salt
- 1/2 pound haricots verts or green beans, halved
- 2/3 cup low-fat plain yogurt
- 3 tablespoons low-fat mayonnaise
- 1 to 2 tablespoons fresh lemon juice
- 1/2 cup chopped fresh chives
- 1/4 cup chopped fresh basil
- 3 anchovy fillets, chopped
- Freshly ground pepper
- 1/2 pound lump or claw crabmeat
- 1 Hass avocado, halved, pitted and diced
- 3 romaine hearts, chopped
- 1 1/2 cups whole-wheat croutons
- 1 pint cherry tomatoes, halved

Directions

Bring a saucepan of salted water to a boil. Add the haricots verts and cook until crisp-tender, 3 to 5 minutes. Drain and run under cold water to stop the cooking.

Puree the yogurt, mayonnaise, lemon juice, chives, basil and anchovies in a blender until smooth. Season with salt and pepper.

Toss the crabmeat, half of the avocado and about 1 tablespoon of the yogurt dressing in a small bowl. Toss the romaine, croutons, haricots verts and the remaining avocado with the remaining dressing in a large bowl.

Divide the romaine salad among plates, top with the tomatoes and place some of the crab mixture in the center.

Fruit Salad with Honey Dressing

Recipe courtesy Paula Deen



Ingredients

- 1/3 cup honey
- 1/4 cup [orange juice](#)
- 1/4 cup canola oil
- 1/2 teaspoon fresh lemon juice, plus the juice 1 lemon
- 1 1/2 teaspoons poppy seeds
- 1/4 teaspoon salt
- 1/4 teaspoon [prepared mustard](#)
- 1 apple, cored and diced
- 1 banana, sliced
- 1 avocado, peeled and sliced
- 1 (11-ounce) can [mandarin oranges](#), drained
- 1/4 cup raisins
- 1/4 cup chopped walnuts or pecans

Directions

For the dressing, combine the honey, orange juice, oil, 1/2 teaspoon lemon juice, poppy seeds, salt, and mustard in a jar with a tight lid; cover and shake well. Toss the apple, banana, and avocado with juice from 1 lemon to prevent the fruit from turning brown. Combine the fruit, raisins, and nuts in a glass bowl. Add the dressing and stir gently. Serve on [red leaf lettuce](#)

Grilled Avocado, Tomato, Red Onion Salad

Recipe courtesy Michael Chiarello



Ingredients

- 10 tomatoes, quartered
- 4 [avocados](#), peeled, halved, and pitted
- [Extra-virgin olive oil](#), for drizzling

- 1 red onion, sliced
- 1/2 lemon
- 1 cup pesto sauce
- 1/2 cup pine nuts
- Parmiggiano-Reggiano

Directions

Preheat a grill over medium heat.

Cover a large tray with tomato quarters, and set aside.

Place avocado halves in a bowl and drizzle with olive oil. Place each half on a hot open grill for about 30 to 45 seconds. Remove and place on top of the tomatoes arranged on tray. Drizzle with olive oil again.

In another bowl, cover the red onion slices with the juice from the lemon half and olive oil. Place onions in the empty avocado pit holes. Cover with the lemon/olive oil mix. Then, top with pesto, distributing generously on all sides. Sprinkle pine nuts and cheese on top, to taste.

Middle Eastern Vegetable Salad

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Ingredients

- 10 scallions, white and green parts, thinly sliced
- 1 pound ripe tomatoes, seeded, cored, and 1/2-inch-diced
- 1 hothouse cucumber, halved lengthwise, seeded, and 1/2-inch-diced
- 1 can or jar (12 to 16 ounces) chickpeas, rinsed and drained
- 1/3 cup chopped fresh parsley
- 1/3 cup chopped fresh mint leaves
- 1/3 cup julienned fresh basil leaves
- 1/2 cup freshly squeezed lemon juice (4 lemons)
- 1 tablespoon minced garlic (3 cloves)
- Kosher salt and freshly ground black pepper
- 1/2 cup good olive oil
- 8 ounces good feta cheese, 1/2-inch-diced
- Toasted pita bread, for serving

Directions

Place the scallions, tomatoes, cucumber, chickpeas, parsley, mint, and basil in a large salad bowl and toss to combine.

In a small bowl or measuring cup, whisk together the lemon juice, garlic, 2 teaspoons salt, and 1 teaspoon pepper. Slowly whisk in the olive oil to make an emulsion. Pour the dressing over the salad, tossing gently to coat all the vegetables. Add the feta, sprinkle with salt and pepper, and toss gently. Serve the salad with the toasted pita bread.

Spinach Artichoke Pasta Salad

Recipe courtesy Rachael Ray



Ingredients

- Coarse salt
- 1 package fresh mushroom or chicken prosciutto or spinach filled tortellini (recommended: Contadina or Buitoni brands) available on dairy aisle in most markets
- 1/2 pound fresh baby spinach
- 1 (15-ounce) can baby artichoke hearts in water, drained and chopped
- 1 red roasted pepper, drained and chopped
- 1/2 small red onion, chopped
- 1 clove garlic, cracked from skin
- 1 lemon, zested
- 2 teaspoons lemon juice, the juice of 1 wedge
- 2 tablespoons red wine vinegar, a couple of splashes
- 1/4 cup extra-virgin olive oil
- 1 tablespoon fresh thyme leaves, chopped or 1/2 teaspoon dried leaves, eyeball it
- Black pepper
- A handful sun-dried tomatoes packed in oil, coarsely chopped

Directions

Bring 5 or 6 inches of water to a boil in a large pot. Salt boiling water and add pasta. Cook for 3 to 4 minutes, until pasta is just tender and the tortellini are floating like buoys. Drain tortellini, then cool the cooked pasta by spreading them out on a large plate or a cookie sheet in a single layer.

Coarsely chop baby spinach. Combine with artichoke pieces, roasted red pepper and red onion. Chop garlic, then add salt to it and mash it into a paste with the flat of your knife. Transfer garlic paste to a small bowl and add lemon zest, lemon juice and vinegar to it. Whisk in oil, thyme and pepper. Add pasta and sun-dried tomatoes to the salad. Dress salad and gently toss. Serve or refrigerate.

Roasted Baby Pears with Herbed Goat Cheese

Recipe courtesy Tyler Florence



Ingredients

- 1/2 pound goat cheese
- 1/4 cup chopped mixed herbs such as parsley, thyme, and chives
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- Kosher salt and freshly ground black pepper
- 12 baby pears
- 12 slices bacon, about 1/2 pound, cut in 1/2
- 2 tablespoons honey
- Arugula or dandelion greens, for garnish

Directions

Heat the oven to 375 degrees F.

In a small bowl, mix the goat cheese, herbs, and 2 tablespoons olive oil; season with salt and pepper. Halve the pears and scoop out the seeds and cores. Stuff each pear half with about a tablespoon of the cheese. Wrap each stuffed pear with a slice of bacon and place it on a baking sheet. Drizzle some olive oil over the pears and season them with salt and pepper. Bake them until the pears are tender and the bacon is crisp, about 25 to 30 minutes. Place the pears onto a platter, drizzle with the honey, and garnish with the arugula.

Raspberry-Chicken Salad

Recipe courtesy Robin Miller



Ingredients

- 1/4 cup raspberry preserves
- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 1 teaspoon Dijon mustard
- Salt and ground black pepper

- 2 tablespoons minced scallion
- 1 cup fresh raspberries
- 4 cooked chicken breast halves, cut into 1-inch pieces
- 4 cups chopped Bibb lettuce
- Nut bread
- Cream cheese

Directions

In a medium-size bowl, whisk together raspberry preserves, oil, vinegar, Dijon mustard and salt and pepper. Add scallions and raspberries to vinaigrette. Add diced chicken and toss to combine with vinaigrette. Arrange lettuce on individual plates. Spoon chicken mixture over lettuce just before serving. Serve with nut bread and cream cheese, if desired.

Spinach and Citrus Salad

Recipe courtesy Sandra Lee



Ingredients

For Dressing:

- 1/4 cup reserved citrus juice
- 1 tablespoon Champagne vinegar
- 2 tablespoons orange olive oil (recommended: O Olive Oil)
- 1 tablespoon chopped fresh tarragon leaves
- 1 tablespoon chopped fresh chives
- Salt and pepper
- 9 ounces baby spinach
- 1 jar (24-ounce) sun fresh citrus salad, drain and liquid reserved
- 4 ounces goat cheese

Directions

In a medium bowl, whisk together all ingredients for dressing and 1/4 cup reserved citrus liquid. Add spinach and toss. Divide dressed spinach onto chilled salad plates. Divide citrus salad among plates and garnish with crumbled goat cheese

Tomato Feta Pasta Salad

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Ingredients

- 1/2 pound fusilli (spirals) pasta
- Kosher salt
- Good olive oil
- 1 pound ripe tomatoes, medium-diced
- 3/4 cup good black olives, such as kalamata, pitted and diced
- 1 pound good feta cheese, medium-diced
- 6 sun-dried tomatoes in oil, drained and chopped
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For the dressing:

- 5 sun-dried tomatoes in oil, drained
- 2 tablespoons red wine vinegar
- 6 tablespoons good olive oil
- 1 garlic clove, diced
- 1 teaspoon capers, drained
- 1 teaspoon kosher salt
- 3/4 teaspoon freshly ground black pepper
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- 1 cup freshly grated Parmesan
- 1 cup packed flat-leaf parsley, chopped

Directions

Cook the pasta in a large pot of boiling salted water with a splash of oil to keep it from sticking together. Boil for 12 minutes, or according to the directions on the package. Drain well and allow to cool. Place the pasta in a bowl and add the tomatoes, olives, feta and chopped sun-dried tomatoes.

For the dressing, combine the sun-dried tomatoes, vinegar, olive oil, garlic, capers, salt and pepper in a food processor until almost smooth.

Pour the dressing over the pasta, sprinkle with the Parmesan and parsley, and toss well.