



Veggies Made Easy



Summer Salads

June 2019



Caribbean Kale Beet Crunch Salad

Ingredients

- 1 tablespoon extra virgin olive oil
- ½ teaspoon cumin
- 1 teaspoon cayenne pepper
- ¼ teaspoon white pepper
- ¼ teaspoon granulated garlic
- ¼ teaspoon salt
- ½ pound wild-caught shrimp, peeled and deveined
- 1 (8 ounce) bag Mann's Kale Beet Blend®
- ½ red bell pepper, diced
- 1 small mango, diced
- 2 tablespoons chopped cilantro

For Dressing

- ¼ cup extra virgin olive oil
- 3 tablespoons honey
- 1 tablespoon Dijon mustard
- 3 tablespoons apple cider vinegar
- Juice of 1 lime

Zest of 1 lime

Salt, to taste

Combine all dressing ingredients in a small bowl and whisk until well combined. Set aside

The Method

Heat oil in a small skillet over medium heat.

In a small mixing bowl, combine cumin, cayenne, white pepper, garlic, and salt. Then add the shrimp, tossing until evenly coated.

In skillet, sauté the shrimp for about 2 minutes on each side, then remove from heat and set aside.

In a separate mixing bowl, toss Mann's Kale Beet Blend®, bell pepper, mango, and cilantro. Add dressing and toss to coat evenly.

Plate salad and top with shrimp.

Servings: 2



Brocco Taco Salad

Ingredients

- 1 tablespoon olive oil
- 1 pound ground beef, lean
- ¼ cup finely chopped red onion
- 1 (12 ounce) bag Mann's Broccoli Cole Slaw®
- 1 (8 ounce) can red kidney beans, drained
- 1 cup shredded cheddar cheese
- 1 tomato, diced
- ¼ cup black olives, drained and sliced
- ¼ cup salsa
- ½ cup thousand island salad dressing
- 1 (10.5 ounce) bag corn chips

The Method

In a large skillet, heat olive oil over medium heat for about 2 minutes or until hot. Add ground beef and onions. Season with salt and pepper, to taste. Stir occasionally to break up the chunks of meat. Cook until nicely browned on the outside with no trace of pink remains, about 8-10 minutes. Drain and set aside.

In a large bowl, combine Mann's Broccoli Cole Slaw®, kidney beans, cheddar cheese, tomato and olives. Add salsa, salad dressing, and corn chips. Toss well to combine.

Salad can be made in advance and refrigerated up to 24 hours.

Optional: Serve salad in taco shell bowls.

Servings: 6



Butternut Squash & Baby Beets Arugula Salad

Ingredients

- 1 (20 ounce) bag Mann's Butternut Squash Cubes
- 4 cooked baby beets, quartered
- 3 cups arugula salad mix, washed and ready to eat
- ½ cup feta cheese, coarsely crumbled
- 2 cups croutons

For Dressing:

- 1 small shallot, chopped
- 1 tablespoon balsamic vinegar
- 2 tablespoons extra virgin olive oil
- Kosher salt, to taste
- White pepper, to taste

Combine all dressing ingredients in a small bowl and whisk until well combined. Set aside.

The Method

Place Mann's Butternut Squash Cubes in large bowl with ¼ cup of water. Cover and microwave for 6 minutes. Drain water and set aside to cool.

In a large bowl, combine Mann's Butternut Squash cubes, beets, and arugula. Pour dressing over mixed salad and toss well. Top salad with feta cheese and croutons.

Serve immediately.

Servings: 6



Broccoli Wokly® Waldorf Salad

Ingredients

- 1 (32 ounce) bag Mann's Broccoli Wokly®, blanched and chopped
- 1 red apple, cubed
- ½ cup raisins or currants
- ¼ cup pecans or walnuts, chopped
- ½ cup coleslaw dressing, prepared

The Method

In a large serving bowl, combine Mann's Broccoli Wokly®, apple, raisins and pecans. Toss well.

Drizzle salad with coleslaw dressing to coat and toss.

Servings: 8



Mann's Broccoli Cole Slaw[®] Pasta Salad

Ingredients

- 8 ounces spiral pasta
- 4 tablespoons avocado oil mayonnaise
- Juice of 1 lemon
- ¼ teaspoon cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon granulated garlic
- Salt and pepper, to taste
- 1 (15 ounce) can of corn
- 2 stalks green onion, chopped
- 1 (12 ounce) bag Mann's Broccoli Cole Slaw[®]
- ¼ cup chopped cilantro, for garnish

The Method

Cook the pasta according to the packaging directions. Strain and set aside.

In a large mixing bowl, add avocado oil mayonnaise, lemon juice, cumin, cayenne pepper, and garlic. Add salt and pepper, to taste. Whisk until well combined.

Add pasta, corn, green onion, and Mann's Broccoli Cole Slaw[®] to the bowl and toss until evenly coated.

Garnish with cilantro and serve.

Servings: 4