

Salad Luncheon Recipes



LENTIL SALAD

Sandy Fenske

Ingredients

- 2 Cup *dry French green lentils (reg. brown will do)*
- 1 med *Chopped onion*
- 2 cloves *Garlic, chopped*

- 2/3 Cup *olive or walnut oil (I used (or less) walnut)*
- 1/3 Cup *sherry vinegar*
- 2 tsp *Dijon mustard*
- 1 clove *garlic, minced*
- salt and pepper to taste*
- 1 bunch *green onions chopped fine*
- 1 TBSP *fresh parsley chopped*
- heaping *fresh cilantro chopped*
- 1 TBSP *fresh cilantro chopped*
- heaping *fresh cilantro chopped*
- 1 Cup *toasted walnuts, chopped*

Directions

- 1 *Cook first three ingredients until tender, but not mushy in water or chicken broth. REALLY WATCH AS THEY CAN OVERCOOK QUICKLY...drain.*

- 2 *Mix oil, sherry vinegar, mustard, crushed garlic, salt and pepper together in a jar. Immediately pour over lentils while they are still warm. Bake at 350 degrees for 10-12 minutes*

- 3 *Add carrots, green onion, parsley, cilantro and nuts.*

- 4 *I like to do all the mixing (and serving) in a glass 9 x 12 dish, not a deep bowl, so ingredients are gently mixed around. Refrigerate. Keeps a couple of days.*



Warm Potato-Tomato Salad with Dijon Vinaigrette

Pat Gaston

Ingredients

Vinaigrette

- 3 Tbsp *Dijon Mustard*
2 Tbsp *Red Wine Vinegar*
½ Tsp *Sea Salt*
(preferably gray salt)
½ Cup *Extra-virgin Olive Oil*
Freshly ground black pepper

Salad

- 2 Lb *Yukon Gold potatoes, skin on, cut into 1 inch chunks*
2 Cups *Grape Tomatoes*
½ Cup *Finely minced red onion*
2 Tsp *Finely minced fresh tarragon*

Directions

- 1 *To make the vinaigrette, whisk together the mustard, vinegar and salt.*
- 2 *Stir in olive oil gradually, then season with pepper.*
- 3 *Set aside.*
- 4 *Put the potatoes in a large pot of well salted cold water to cover.*
- 5 *Bring to a boil and adjust the heat to a gentle simmer. Cook until tender. Drain*
- 6 *Mix together salad ingredients with Vinaigrette*



Lemon Cookies

Annie Brown

Ingredients

- 1 Box Lemon Cake Mix (or any flavor you want)
- 1/2 8 oz container Cool Whip
- 1 egg

Directions

- 1 Mix all ingredients and spray a cookie sheet with PAM
- 2 Form into balls
- 3 Roll in confectioner's sugar
- 4 Bake at 350 degrees for 10-12 minutes
- 5 Cool in pan a few minutes before removing



Judy's Wonton Treats

Judy James

Ingredients

- 1 Package Wontons
- 1 Jar Nutella (in peanut butter section). This is a Hazelnut Cocoa spread
- Mint Leaves
- Powdered sugar
- Oil

Directions

- 1 Take 1 wonton and use a pastry brush to spread slightly beaten egg white on the edges.
- 2 Place 1 teaspoon of Nutella in the middle.
- 3 Fold over to make a triangle and press to seal.
- 4 Continue to make several of these while oil is getting hot.
- 5 Use Wok to heat 3-4 inches of oil.
- 6 Brush each wonton triangle with egg white and place a mint leaf on each one.
- 7 When placing the wonton in the oil, I have found the mint stays on if you put the mint side down first. Then flip over when the wonton is nicely browned. I do 4 or 5 at the same time.
- 8 Remove and place on paper towels and sprinkle with powdered sugar on both sides.
- 9 Also try to keep the wontons covered as you use them to keep them moist.