

Ken's Taco Salad



This is as close as memory would serve, to recreate Speedy T's Taco Salad. There used to be none better!

Ingredients:

- 1/2 lb.** - Ground Beef
- 1/2 lb.** - Fresh Pork Sausage (salt & Pepper only)
- 2** tbsps. - Water
- 6** cups - Shredded Iceberg Lettuce
- 4** cups - Baked Tortilla Chips
- 2** medium - Tomatoes, chopped (1 1/2 cups)
- 1/2** cup - Fat-free Sour Cream
- 4** medium - Green Onions, sliced (1/4 cup)
- 1/4** cup - Kraft Natural Cheese Taco Shredded Mexican Style Cheese, (1 Oz.)

Directions:

- 1.)** In 10-inch nonstick skillet, cook Beef and Sausage over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain.
- 2.)** Place 1 cup lettuce in each of 6 Taco Shells or bowls; top evenly with Tortilla Chips, Tomatoes, Beef & Sausage mixture, the Sour Cream, Onions and Cheese.

Ken's MEXICAN SALAD



MEXICAN SALAD INGREDIENTS:

- 5** ounces - Mixed Spring Greens (or whatever greens you prefer)
- 1** ripe - Avocado (peeled pitted and sliced)
- 1/2** half - Small Red Onion (peeled and thinly sliced)
- 1** cup - Cherry Tomatoes (halved)
- 2/3** cup - Fresh Cilantro (roughly-chopped)
- 1/3** cup - Pepitas (Pepitas are the seeds of a hulled pumpkin variety, harvested from Styrian or Oil Seed pumpkins.)
- 1/2** cup - Queso Fresco or Cotija Cheese (crumbled)

CUMIN-LIME DRESSING INGREDIENTS:

- 3** tbsps. - Avocado Oil or Olive Oil
- 1** tbsp. - Fresh Lime Juice (or Red Wine Vinegar)
- 1/2** tsp. - Fine Sea Salt ** **1/2** tsp. - Ground Cumin
- 1/4** tsp. - Black Pepper (freshly cracked)
- 1** small - Clove Garlic (pressed or minced (or **1/2** tsp. Garlic Powder)

DIRECTIONS:

- 1.)** To Make the Dressing: Whisk all Dressing ingredients together in a bowl (or shake together in a mason jar) until combined. Use immediately or refrigerate in a sealed container for up to 3 days.
- 2.)** To Make the Salad: Combine all Salad ingredients in a large salad bowl, drizzle evenly with the Salad Dressing, and toss until evenly combined. Serve immediately and enjoy!

Ken's version Black Bean Salad



Great as an appetizer or side dish or serve it as a salad or dip with tortilla chips!

Prep Time: 15minutes * Total Time: 15minutes * Servings: 6

INGREDIENTS:

- 15 oz. can - Black Beans (rinsed and drained)
- 1 cup - Corn (1 large ear of sweet corn or 1 cup defrosted frozen corn)
- 1 cup - Cherry or Grape Tomatoes (halved) ** 1 cup - Red Bell Pepper (chopped)
- 1/2 cup - Red Onion (chopped) ** 1/2 cup - Cilantro (chopped)
- Juice of 1 1/2 Limes ** 1 tbsp. - Olive Oil
- 1 tbsp. - Kosher Salt ** 1/2 tsp. - Chili Powder
- 1/4 tsp. - Ground Cumin
- 1 large - Avocado (pitted, peeled, and chopped)

DIRECTIONS:

- 1.) In a large bowl, combine Black Beans, Corn, Tomatoes, Red Pepper, Onion, Cilantro, Lime Juice, Olive Oil, Salt, Chili Powder, and Cumin. Stir to combine. Gently stir in the Avocado and season with additional salt, if necessary. Serve.
- Notes: Store the salad in the fridge for up to 2 days.

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Ken's Quinoa Salad



Prep: 15 Min ** **Total:** 1 Hr. 35 Min ** **Servings:** 8

The classic summer combination of Tomatoes, fresh Mozzarella and Basil are tossed with Quinoa for an easy, but sophisticated summer salad. Cooking the Quinoa in Progresso™ broth is the key to a flavorful salad. This is Ken's adaption of a Betty Crocker

Recipe

INGREDIENTS:

- 1 carton (32 oz) - Progresso™ Chicken Broth
- 2 cups - uncooked Quinoa
- 1 teaspoon - Salt
- 3 tbsps. - Balsamic Vinegar
- 1/2 teaspoon - Black Pepper
- 1/3 cup - Olive Oil
- 2 cups - halved Cherry Tomatoes (about 10.5 oz)
- 8 oz. - Fresh Mozzarella, cut into 1/2-inch cubes
- 1/2 cup - Julienne Fresh Basil Leaves, plus additional for garnish

DIRECTIONS:

- 1.) In 2-quart saucepan, heat broth to boiling over high heat. Add Quinoa and 1/2 teaspoon of the Salt. Reduce heat to low; cover and simmer about 15 minutes or until all broth is absorbed. Transfer to large bowl. Refrigerate for at least 1 hour until cool.
- 2.) In small bowl, beat Vinegar, Mustard, remaining 1/2 teaspoon Salt and the Pepper with whisk. Slowly beat in Olive Oil.
- 3.) Stir Tomatoes, Mozzarella and Vinaigrette into cooled Quinoa. Gently stir in 1/2 cup Basil Leaves.
- 4.) Transfer to serving bowl; garnish with additional Basil.

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