We’re calling it: ’Tis winter salad season. Our January gift to you? Thirty recipes for plant-based, seafood and grilled-meat salads to fill up these weeks with colour, texture and flavour. Forget New Year’s–resolution food; this is a month’s worth of vibrant, filling, cold-weather crunch you’ll want to return to year-round.
Warm Chicken and Farro Caprese Salad

Rotisserie Chicken Winter Cobb Salad with Crispy Chicken Skin
Chicken Salad with Peanut Butter and Curry Dressing

Serves 4

Prep 20 min; total 25 min

1 cup white vinegar

1/4 cup balsamic vinegar

1/4 cup extra-virgin olive oil

2 tbsp sweet Thai pepper sauce

2 tbsp smooth natural peanut butter

2 tbsp yellow curry paste

2 tbsp canola oil

1/2 tsp salt

1 head iceberg lettuce, cut in bite-sized pieces

3/4 cup fresh cilantro leaves

2 cups sliced green grapes

2 cups halved cherry tomatoes

1 cup crumbled feta cheese


3. Drain farro, and then add to dressing along with tomatoes. Season with pepper. Stir to combine.


Warm Chicken and Farro Caprese Salad

Serves 4

Prep 15 min; total 35 min

225 g farro

1/4 cup balsamic vinegar

1/4 cup extra-virgin olive oil

4 tsp honey

1 tbsp Italian seasoning blend, such as Club House

1/2 tsp salt

1 shallot, thinly sliced

2 pints multicoloured cherry tomatoes, halved

2 250-g balls fresh mozzarella, roughly torn

4 small cooked chicken breasts, sliced

1 cup basil leaves

1. Cook farro following package instructions.

2. Whisk vinegar with oil, honey, seasoning blend and salt in a bowl until combined. Stir in shallot. Set aside.

3. Drain farro, and then add to dressing along with tomatoes. Season with pepper. Stir to combine.


Chicken, Pear and Roasted Parsnip Salad

Serves 4

Prep 20 min; total 35 min

1 large sweet potato, peeled and cut in 1-in. cubes

1 tbsp olive oil

1/2 tsp salt, divided

1/2 cup mayonnaise

1/4 cup 2% plain Greek yogurt

1 tsp lemon juice

2 tbsp finely chopped chives

8 cups chopped romaine lettuce

4 soft-boiled eggs, halved

1 pint cherry tomatoes, halved

1 cup crumbled feta cheese

1. Position racks in lower third and centre of oven and preheat to 450F.

2. Toss sweet potato with oil and 1/4 tsp salt on a large baking sheet. Roast in the centre of oven until potato is fork-tender and golden-brown, 12 to 14 min.

3. Meanwhile, remove chicken skin from rotisserie chicken. Trim and discard excess fat skin from rotisserie chicken. Lay skin into smaller pieces and sprinkle overtop.

4. Meanwhile, break chicken into large pieces. Add to potato, tomatoes, chicken and feta. Break chicken skin into smaller pieces and sprinkle overtop.

5. Serve chicken salad with crispy bacon if you’re not using rotisserie chicken.

Winter Waldorf Salad

Serves 4

Prep 15 min; total 50 min

4 celery stalks, cut in 2-in. long pieces

3 cups seedless red grapes

1 large gala apple, cut in 1-in. wedges

1 tbsp olive oil

1/4 cup 2% plain Greek yogurt

1/4 cup mayonnaise

1/2 tsp salt

1/2 cup apple cider vinegar

1 1/2 tsp Dijon mustard

1/4 cup finely chopped tarragon (optional)

1/4 cup walnuts or pecan halves, toasted

1/4 cup celery leaves (optional)

1. Position rack in centre of oven and preheat broiler. Toss celery, grapes and apple on a large baking sheet with oil. Season with pepper. Spread across sheet in a single layer. Roast until apple is just starting to brown, 8 to 10 min. Set aside and let mixture cool for 5 min.

2. Meanwhile, whisk mayonnaise with yogurt, 2 tbsp water, lemon juice, chives and remaining 1/4 tsp salt in a large bowl. Season with pepper. Add chopped romaine lettuce and toss until coated.

3. Meanwhile, debone chicken legs and shred meat, slice breast meat.

4. Meanwhile, dehydrate bacon strips and slice into strips. Add to farro mixture.

5. Divide salad among large plates. Top with eggs, sweet potato, tomatoes, chicken and feta. Break chicken skin into smaller pieces and sprinkle overtop.

6. Serve chicken salad with crispy bacon if you’re not using rotisserie chicken.

To cook bacon: Lay strips flat on a rimmed baking sheet. Bake at 400F until crispy, 15 to 20 min.

Kitchen tip

In this recipe, you can also cook your own chicken for this salad recipe. We rely on a seasoned rotisserie chicken to make the crispy skin extra-flavourful, but you can substitute the skin with crispy bacon if you’re not using rotisserie chicken.

Kitchen tip

This is a great recipe to use up any leftover chicken you have on hand.
## Vegetable Salad

### Colourburst Citrus Chicken Salad

**Serves** 4  
**Prep** 20 min; **total** 20 min

| Dressing | 1/4 cup olive oil  
| 3 tbsp lemon juice  
| 2 tbsp Dijon mustard  
| 1/4 tsp granulated sugar |

| Salad | 1 142-g pkg baby arugula  
| 4 small cooked chicken breasts, sliced  
| 2 oranges, peeled and sliced in thin rounds  
| 2 radishes, thinly sliced  
| 2 shallots, thinly sliced  
| 1 raw beet, thinly sliced |

1. **Dressing:** Whisk oil with lemon juice, Dijon and sugar in a medium bowl. Season with pepper.
2. **Salad:** Arrange arugula on a platter. Scatter chicken, oranges, radishes, shallots, beet and avocado over arugula. Drizzle with dressing and sprinkle with pepitas.

**Kitchen tip** If you have a mandoline, use it to safely and quickly slice your beet, radishes and shallots. (If you want to use multicoloured beets, use 2 small ones.) Otherwise, carefully slice them as thinly as you can with a sharp knife.

### Chicken, Pear and Roasted Parsnip Salad

**Serves** 4  
**Prep** 15 min; **total** 35 min

| Salad | 4 parsnips (about 500 g), cut diagonally in 1/2-in.-thick slices  
| 1 tbsp olive oil  
| 1 small head radicchio, roughly torn  
| 4 cups spring mix  
| 4 small cooked chicken breasts, shredded  
| 1 large pear, thinly sliced  
| 1 cup walnut halves, toasted  
| 1/2 cup crumbled gorgonzola cheese |

| Dressing | 1/3 cup sherry vinegar  
| ¼ cup olive oil  
| 3 tbsp honey  
| 2 tbsp thyme leaves  
| 2 tsp Dijon mustard  
| ¼ tsp salt |

1. **Salad:** Position rack in centre of oven and preheat to 400°F. Toss parsnips with 1 tbsp oil on a baking sheet. Roast until tender-crisp, 20 to 25 min.
2. **Arrange radicchio and spring mix on a platter. Top with shredded chicken. Scatter parsnips, pear, walnuts and gorgonzola overtop.
3. **Dressing:** Whisk vinegar with ¼ cup oil, honey, thyme, Dijon and salt in a small bowl. Drizzle over salad just before serving.

**Kitchen tip** We used a red-skinned pear in this recipe, but feel free to substitute any variety you like.

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### 4 ways to cook chicken breasts

For each method, use 4 small skinless, boneless chicken breasts (about 200 g each).

A chicken breast is cooked through when a thermometer inserted into the thickest part of the meat reaches 165°F. For an easy, no-cook method, substitute store-bought rotisserie chicken.

#### Pan-frying

Season chicken with salt and pepper. Heat a large non-stick frying pan over medium-high. Add 1 tbsp oil and then chicken breasts. Cook until bottom of chicken is golden-brown, about 3 min. Reduce heat to medium-low. Flip chicken. Cook, covered with a lid, until bottom of chicken is golden-brown and cooked through, about 7 min.

#### Poaching

Boil 4 cups salted water or chicken broth in a large saucepan. Reduce heat to medium. Add chicken breasts. Gently poach, flip ping halfway, until cooked through, 8 to 10 min.

#### Roasting

Season chicken with salt and pepper. Heat a large ovenproof frying pan over medium-high. Add 1 tbsp oil and then chicken breasts. Cook until just golden-brown, about 2 min per side. Transfer pan to a 400°F oven. Roast until chicken is cooked through, 10 to 12 min. (If you don’t have an ovenproof pan, transfer chicken to a baking sheet.)

#### Grilling

Preheat barbecue to medium. Brush chicken with 1 tbsp oil and season with salt and pepper. Oil grill. Barbecue chicken until grill-marked and cooked through, 5 to 6 min per side.
Soaking the halloumi in water will reduce the saltiness of the cheese. Omit this step, if desired.

Seared Halloumi and Fig Tabbouleh

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Fresh Mozzarella and Clementine Panzanella

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Creamy Bean and Sweet Potato Salad with Soft-Boiled Egg

Greek Potato Salad with Roasted Red Peppers
Roasted Beet and Egg Salad with Rye Croutons

TIP
You can also purchase pre-roasted beets instead of roasting your own.

Red Cabbage Steaks with Bulgur Salad

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**Mushroom Salad with Fennel and Goat Cheese**

Prep 10 min; total 25 min

3 tbsp butter, divided 1/2 dijon mustard 2 1/2-oz pkg sliced cremini mushrooms 1 garlic clove, minced 1 tsp finely chopped sage tsp salt, divided 1/4 tsp salt

1. Melt 1 tbsp butter in a large frying pan over medium heat. Add add butter cubes. Toast, stirring often, for 3 to 4 min.

2. Transfer to a plate. Return pan to heat. Add remaining 2 tbsp butter, garlic, sage and 1/4 tsp salt. Stir to combine.

3. Whisk oil with lemon zest, honey and salt in a medium bowl. Season with pepper. Add bulgur. Return to a boil. Reduce heat to low and simmer, covered, for 10 min. Sauté until golden-brown, 10 to 12 min.

4. Meanwhile, combine 1 1/2 cups water and lentils in a medium saucepan. Bring to a boil. Reduce heat to low and simmer, covered, for 10 min. Add bulgur. Return to a boil over high. Reduce heat to low and simmer until tender, 12 to 15 min more. Let stand, covered, for 5 min, and then fluff with a fork. Set aside to cool.


**Seared Halloumi and Fig Tabbouleh**

Prep 20 min; total 25 min

1. Position rack in centre and top third of oven and preheat broiler.

2. Dressing: Whisk vinegar with garlic, sesame and poppy seeds into shallot mixture. Add parsley, mint, tomatoes and bulgur. Toss to coat.

3. 4 cups mixed baby greens

4. Creamy Bean and Sweet Potato Salad with Soft-Boiled Eggs

Prep 20 min; total 45 min

1. 3/4 cup + 1 tbsp olive oil, divided 2 tsp lemon juice 1 tsp honey 1 tsp lemon zest 1/2 cup + 1 tbsp olive oil, divided 1/2 cup crumbled goat cheese, crumbled 1/4 cup finely chopped walnuts 1/2 cup + 1 tbsp olive oil, divided

5. Place hulled in a long half lengthwise, then cut into 1/2-in-thick slices. Soak halloumi in a medium bowl filled with cold water. Combine shallot with lemon juice in a large bowl. Toss with beans. Add bulgur. Return to a boil. Reduce heat to low and simmer, covered, for 10 min. Sauté until golden-brown, 10 to 12 min.

6. Position rack in centre of oven and preheat to 450F. Toss sweet potatoes and shallots with 1 tbsp oil and 3/4 tsp salt on a baking sheet. Season with pepper. Roast, stirring halfway through cooking, until golden-brown, 12 to 14 min.

7. Meanwhile, bring a large saucepan of water to a boil. Add beans. Boil until tender-crisp, 4 to 6 min. Drain and rinse immediately with cold water. Pat dry.

8. Whisk lemon juice with zest, garlic and remaining 1/4 tsp salt in a large bowl. Whisk in remaining 1/4 cup oil. Stir in red pepper and goat cheese. Add beans and toss to coat.

9. Divide greens among 4 plates. Top with halloumi and figs. Sprinkle with pistachios and pomegranate seeds.
VEGAN

Pulses, tofu and spicy cold noodles give these plant-based mains the perfect balance of crisp, cooked and carb-y
Frozen-then-thawed tofu takes on a light, chewy texture that soaks up soups and dressings well.
Roasted Chickpea Salad with Hot Harissa Dressing

**Serves 4**

- Prep 25 min; total 45 min

**Ingredients**
- 3 large pitas
- 2 tbsp olive oil, divided
- 1 540-mL can no-salt-added chickpeas, rinsed and drained
- 2 tsp sumac, divided
- 1/2 cup extra-virgin olive oil
- 1 lemon, juiced
- 1 garlic clove, minced
- 1 tsp harissa paste
- 1/4 tsp salt
- 1/2 cup parsley leaves (about 4 large bunches)
- 1/4 cup unsalted raw pepitas
- 1 pint multicoloured cherry tomatoes, halved
- 1 large bunch mint
- 1 540-mL can no-salt-added black beans, rinsed and drained, rained and patted dry
- 1 red onion, cut in 1-in.-diameter bundles
- 1 142-g pkg baby arugula
- 1 540-mL can no-salt-added kidney beans
- 1 180-g pkg baby arugula

**Prep**

1. Position rack in centre of oven and preheat to 425F. Line a large rimmed baking sheet with foil.
2. Slice each pita along the seams into 2 rounds. You will have 4 rounds total. Brush both sides of pitas with 1 tbsp olive oil and arrange on prepared sheet. Bake until golden-brown, about 10 min per side. Divide arugula among plates. Top with warm squash and onion. Drizzle with beans and dressing. Sprinkle with parsley leaves and dressing. Sprinkle with pita and pomegranate seeds.
3. Salad. Meanwhile, trim ends off squash, and then cut in half lengthwise. Using a spoon, scoop out and discard seeds. Cut squash halves into 1/2-in.-thick slices. Toss squash and onion with 2 tbsp oil, 1 tsp maple syrup and 1/2 tsp salt on a large baking sheet until coated. Arrange in a single layer.
4. Bake squash until tender, 30 to 35 min. Stir in cranberries and bell pepper. Add tofu. Set aside.
5. Warm dressings and hearty ingredients steer these fully-loaded salads into comfort-food territory.

Roasted Squash Salad with Marinated Bean Dressing

**Serves 4**

- Prep 20 min; total 35 min

**Marinated Beans**
- 1/2 cup sherry vinegar
- 2 tbsp olive oil
- 1 tsp maple syrup
- 1/2 tsp salt
- 1/2 cup parsley leaves
- 1/2 cup pepitas
- 1 tbsp thyme leaves
- 1 small shallot, finely chopped
- 1 garlic clove, minced
- 1/4 tsp salt
- 3/4-tsp. maple syrup and 1/2 tsp salt

**Sesame-Ginger Tofu and Soba Noodle Salad**

**Serves 4**

- Prep 10 min; total 40 min

**Salad**
- 3 delicata squashes, about 500 g each
- 1 red onion, cut in 1-in. wedges
- 3 tbsp olive oil
- 1 tbsp maple syrup
- 1/2 tsp salt
- 1/2 cup unsalted raw pepitas
- 1/2 cup pomegranate seeds

**Soba Noodles**
- 1/2 cup dried cranberries
- 1/2 cup diced red onion
- 1/3 cup extra-virgin olive oil
- 3 tbsp balsamic vinegar
- 1 cup carrot matchsticks
- 1/2 cup diced red onion
- 1 yellow bell pepper, sliced

**Dressing**
- 1/4 cup maple syrup
- 1/4 cup seasoned rice vinegar
- 2 tbsp grated ginger
- 2 tbsp toasted sesame seeds
- 2 tsp toasted sesame oil
- 2 tsp mustard
- 3/4 cup diced red onion
- 3/4 cup seasoned rice vinegar
- 1/4 cup grated ginger
- 1/2 tsp salt
- 1 1/2 cups soba noodles (about two 1-in. diameter bundles)

**Prep**

1. Rinse wheat berries. Combine with 8 cups water in a pot. Bring to a boil over high. Reduce heat to medium-high and cook, covered, until tender, 30 to 35 min. Stir in cranberries and cook until wilted, about 1 min. Stir in soy sauce. Divide soba among 4 bowls. Top with spinach, cucumbers, carrots and tofu. Drizzle remaining dressing over top. Sprinkle with green onions.
Steak and Arugula Salad with Warm Tomato Dressing
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Roasted Cabbage with Pork Larb Salad
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Black Kale, Bacon and Roasted Tomato Panzanella

TIP
Tearing large mushrooms instead of chopping them ensures a crispy, craggy texture.

Winter Steak and Mushroom Salad
**Steak and Potato Salad with Horseradish Dressing**

*Prep 20 min; total 40 min*

- 400 g baby potatoes, halved
- 400 g finger or mini sweet potatoes, cut in ¼-in. rounds
- 1 red onion, cut in 1-in. wedges
- 2 tbsp canola oil, divided
- ¼ tsp salt, divided
- ¼ cup sour cream
- ¼ cup seasoned rice vinegar
- 2 tbsp prepared horseradish
- 2 tbsp chopped dill
- 2 tbsp chopped parsley
- 1 1-in.-thick beef strip loin steaks (300 g each), at room temperature

1. Position rack in centre of oven and preheat to 450°F. Rub each side of steak with 1 tbsp oil, and then ½ tsp salt and ¼ tsp pepper, and place on a rack on a baking sheet.
2. Roast until rare or until internal temperature reaches 110°F, about 20 min. Remove from oven.
3. Heat 1 tbsp oil in a large frying pan over high. Add remaining 1 tbsp oil, then steaks. Reduce heat to medium. Cook 3 to 4 min per side for medium-rare. Transfer steaks to plates and let rest, covered, for 5 min.
4. Arrange spinach on a platter. Top with potatoes, sweet potatoes and onion. Thinly slice steak and arrange on salad. Drizzle with dressing.

**Steak and Arugula Salad with Warm Tomato Dressing**

*Prep 15 min; total 45 min*

- 1 lb thick beef flank steak (about 500 g), at room temperature
- 6 tbsp canola oil, divided
- 1 tsp salt, divided
- ½ tsp pepper, divided
- 1 medium sweet onion, thinly sliced
- 3 garlic cloves, minced
- 1 tbsp sherry vinegar
- 1 283-g pkg multicoloured cherry tomatoes
- 2 tsp grainy Dijon mustard
- 2 tbsp chopped oregano
- 1 142-g pkg baby arugula

2. Meanwhile, heat a large non-stick pan. Add 2 tbsp oil, remaining juices from steak plate, Dijon and oregano in a large bowl. Toss in tomato mixture and arugula. Divide salad among plates and top with thinly sliced steak.
3. Whisk remaining 2 tbsp oil, remaining juices from steak plate, Dijon and oregano in a large bowl. Toss in tomato mixture and arugula. Divide salad among plates and top with thinly sliced steak.
4. Whisk remaining 2 tbsp oil, remaining juices from steak plate, Dijon and oregano in a large bowl. Toss in tomato mixture and arugula. Divide salad among plates and top with thinly sliced steak.

**Roasted Cabbage with Pork Larb Salad**

*Prep 15 min; total 45 min*

- 2 454-g pkgs ground pork
- 4 tsp packed brown sugar
- 3 tbsp lime juice
- 1 283-g pkg baby arugula
- 1 142-g pkg baby spinach
- 8 strips thick-cut bacon
- 1 3-in. head green cabbage (1 to 1.25 kg), cut in 8 wedges, keeping core intact
- 4 mini cucumbers, cut into 2-in. rounds
- 1 small red onion, finely chopped
- 1 large garlic clove, minced
- 1 red chili pepper, thinly sliced (optional)
- 4 soft-boiled eggs, quartered
- 1 avocado, cut in 8 wedges

1. Position rack in centre of oven and preheat to 400°F. Line a baking sheet with foil.
2. Dressing: Whisk oil with lemon juice, garlic, Dijon, maple syrup and anchovy paste in a medium bowl. Set aside.
3. Salad: Arrange bacon in a single layer on 1 side of baking sheet; add tomatoes to other side. Bake for 10 min, flip, and continue baking until bacon starts to crisp and tomatoes are wrinkled, 5 to 8 more min. Transfer bacon and tomatoes to a paper-towel-lined plate. Add bread to bacon fat in a medium bowl. Set aside.
4. Salad: Arrange bacon in a single layer on 1 side of baking sheet; add tomatoes to other side. Bake for 10 min, flip, and continue baking until bacon starts to crisp and tomatoes are wrinkled, 5 to 8 more min. Transfer bacon and tomatoes to a paper-towel-lined plate. Add bread to bacon fat in a medium bowl. Set aside.
Winter Steak and Mushroom Salad

Servings: 6
 Prep 15 min; total 30 min

300 g oyster mushrooms
8 tbsp olive oil, divided
2 tbsp Italian-style bread crumbs
2 tbsp finely grated Parmigiano-Reggiano cheese
1 tsp garlic powder
¼ tsp salt, divided
½ tsp Dijon mustard
8 tbsp olive oil, divided
2 tbsp balsamic vinegar
1 tsp garlic powder
1 tsp honey
1 142-g pkg baby arugula

1. Position oven rack in bottom third of oven and preheat to 425°F.
2. Tear mushrooms in half and toss with 3 tbsp oil on a baking sheet. Spread in a single layer. Sprinkle with bread crumbs and grated cheese.
3. Bake until mushrooms are golden, 10 to 12 min.
4. Meanwhile, sprinkle garlic powder and ½ tsp salt over steaks. Season with pepper. Heat a large non-stick frying pan over high. Add 1 tbsp oil, and then steaks. Reduce heat to medium. Cook for 3 to 4 min per side for medium-rare. Transfer steaks to plates and let rest, covered, for 5 min.
5. Whisk vinegar with honey, Dijon and remaining 4 tbsp oil and ¼ tsp salt in a small bowl.

Fig Salad with Warm Bacon Dressing

Servings: 4
 Prep 15 min; total 30 min

8 slices thick-cut bacon
1 shallot, thinly sliced
⅓ cup red wine vinegar
4 tbsp honey
1 tsp Dijon mustard
1 small radicchio, leaves roughly torn (about 4 cups)
4 cups mixed greens
1 shallot to reserved bacon
⅓ cup chopped walnuts, toasted
⅛ cup crumbled blue cheese

1. Arrange bacon in a single layer in a large non-stick frying pan. Set over medium. Cook bacon until it is just starting to crisp, 6 to 7 min per side. Transfer bacon to a paper-towel-lined plate and set aside to cool. While still liquid, pour left-over bacon fat into a small measuring cup. Discard all but ¼ cup of the fat or reserve for another use (add enough canola oil to make ¼ cup if you don’t have enough). Return fat to pan.
2. Reduce heat to low. Add shallot to reserved bacon fat in pan. Cook, stirring occasionally, until shallot is softened but not translucent, about 2 min. Stir in vinegar, honey and Dijon until combined, season with pepper.
3. Roughly tear cooled cooked bacon. Arrange torn radicchio, mixed greens, torn bacon and quartered figs on a large serving platter. Drizzle dressing overtop while still warm, and then sprinkle blackberries, walnuts and cheese overtop.

Liquid gold

Vinegar brightens any salad—but not all vinegars work the same way. A guide to three faves

Balsamic vinegar

Authentic balsamic vinegar has a protected designation of origin seal on its label, a guarantee that the vinegar is made in the traditional way in the Italian regions of Modena and Reggio Emilia. Specific grape varietals are crushed, cooked down until caramalized and aged in a series of barrels for a minimum of 12 years—sometimes up to 50. Over time, each barrel imparts its own flavour to the vinegar, which continues to thicken until it has a sweet, mellow flavour and a syrupy consistency. Some of the oldest vintages can even be poured on ice cream. Authentic balsamic vinegars can be pricy, but the grocery store stuff is fine for your daily salad needs—it’s made by boiling down a combination of wine vinegar and grape must (pressed juice from grapes and stems). White balsamic is milder and less sweet than classic balsamic. It’s mostly made the same way, but is cooked at a lower temperature to maintain its golden hue. White balsamic is ideal if you want a dressing that’s lighter in colour, but substituting one for the other is generally fine.

Sherry vinegar

Authentic sherry vinegar, made in southwestern Spain, also carries a protected designation: It’s made by naturally fermenting sherry wine, which is then aged in oak barrels for at least six months to give it a slight oaky flavour. Grocery store versions exist, though they’re not as readily available as balsamic. It won’t replicate the flavour, but red or white wine vinegar can be substituted in a pinch.

Wine vinegar

White and red wine vinegars are both made from wine. And just like drinking wines, red wine vinegar is often more robust, with a bolder flavour than its white counterpart. White wine vinegar has a slightly brighter, more delicate flavour. Wine vinegars are interchangeable in a pinch, as they have similar acidity levels.

Seared Salmon with Lentil Salad

Pair the fruits of the sea with actual fruit—and herbs and lentils and mountains of parm
Smoked Trout Salad with Horseradish

Shrimp and Orange Salad with Roasted Broccolini
Modern Tuna Cobb Salad

Kale Caesar Salad with Tofu Croutons
Seared Salmon with Lentil Salad

Prep
15 min; total 25 min
Servings 4

3/4 tsp salt, divided
1/2 tsp salt
1 540-mL can lentils, drained and rinsed
1/4 cup chopped mint
1/4 cup parsley leaves

Cover potatoes with water in a small pot set over medium-high. Boil, just fork-tender, about 15 min more. Drain off any excess water.


3. Tear kale leaves into small pieces, and then transfer to a large bowl. Drizzle with remaining dressing. Season with pepper. Serve with bacon bits, or use it as a dip for crusty bread and serve alongside the salad.

Champorado (Filipino Chocolate Oatmeal)

Prep 5 min; total 10 min
Servings 4

1 cup water or skim milk
1/3 cup quick oats
1/2 tsp cocoa powder
1/4 cup 18% cream or coconut milk

1. Combine water, oats, sugar and cocoa powder in a medium saucepan over medium-high. Stir, bring to a boil. Reduce heat and simmer, stirring often, until thickened, 3 to 5 min.

2. Scrape into a bowl. Drizzle dressing overtop and toss to coat. Sprinkle with herbs and tofufrogs. Serve with crusty bread and serve alongside the salad.

3. Arrange lentil mixture on a platter. Top with salmon.

Shrimp and Green Bean Salad

Prep 25 min; total 35 min
Servings 4

2 tsp red wine vinegar
1 shallot, finely chopped
1 1/2 tbsp prepared horseradish
6 cups coarsely torn kale
1/4 cup chopped chives, fresh

1. Position rack in centre of oven and preheat to 425°F. To make dressing, whisk oil with vinegar, garlic and parsley in a medium bowl. Season with pepper. Set aside.

2. Whisk lemon juice with vinegar, honey, Dijon, orange zest and salt in a medium bowl. Season with pepper. Set aside.


4. Dressing: Stir mayonnaise with sour cream, gorgonzola, chives, lemon juice, pepper and 2 tbsp water in a bowl. Add dressing to a large bowl. Using your hands, toss until coated. Top with tomatillos and feta.

5. Serve with bacon bits, or use it as a dip for crusty bread and serve alongside the salad.

Kale Caesar Salad

Prep 15 min; total 15 min
Servings 4

2 1/2 tbsp olive oil
1/4 cup lemon juice
1/8 tsp salt
1/3 cup grated Parmigiano-Reggiano cheese

1. Combine water, oats, sugar and cocoa powder in a medium saucepan over medium-high. Cook, stirring often, until thickened, 3 to 5 min. Scrape into a bowl. Drizzle with cream.