

vegetarian salad for dinner



INVENTIVE PLANT-FORWARD MEALS

80 recipes

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RIZZOLI
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baby gem, hearts of palm, avocado, radish, marcona almonds, green goddess

2 SERVINGS / GF

Hearts of palm and Green Goddess dressing have a retro, white-tablecloth-and-red-leather-booth vibe, but the two old-school salad stars are still great, especially together. Hearts of palm are a good source of lean protein, fiber, vitamins, and minerals, and zippy Green Goddess, redolent with herbs and lemon, is having a big culinary comeback. The two combine deliciously in this light supper.

2 heads baby gem lettuce
1 large avocado, sliced
1 (14-ounce) can young hearts of palm, drained, patted dry, and thickly sliced

2 medium-small watermelon radishes, thinly sliced with a V-slicer
About $\frac{2}{3}$ cup Green Goddess Dressing (recipe follows)

$\frac{1}{3}$ cup Marcona almonds
Freshly cracked black pepper

Trim the bottoms of the lettuce heads. Separate the leaves and arrange on two plates. Top with the avocado, hearts of palm, and radish slices. Spoon the dressing over the salads and sprinkle with the almonds. Season with pepper and serve.

green goddess dressing

MAKES ABOUT 2 CUPS

Created in San Francisco in the '20s, this dressing has stood the test of time. It was my favorite bottled dressing as a kid, and now it's my spring go-to for salads, crudités, and sandwiches. Traditionally, anchovies give the dressing its round, salty edge, but capers make an excellent vegetarian replacement. I've included the anchovy option for purists. Either way, this recipe makes enough to dress the salad with extra to enjoy later.

1 cup sour cream
 $\frac{1}{2}$ cup fresh lemon juice
 $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{2}$ cup snipped fresh chives (about 1 bunch)

$\frac{1}{2}$ cup fresh tarragon leaves
3 garlic cloves, peeled
2 scant tablespoons capers or chopped anchovy fillets

1 teaspoon salt, or more to taste
Freshly ground black pepper

Combine the sour cream, lemon juice, mayonnaise, chives, tarragon, garlic, capers or anchovies, and salt in a blender and blend until smooth. Season with additional salt, if necessary, and pepper. *(The dressing can be prepared up to 1 week ahead. Transfer to a jar and refrigerate.)*



summer succotash salad, herb dressing

6 TO 8 SERVINGS

As any gardener knows, there are times when your summer garden might yield just one or a handful of a variety of ready-to-pick vegetables. To make the best use of a varied yet limited harvest, I created this easily adaptable salad with the idea being that you could pick a few ripe tomatoes, green beans, cucumbers, zucchini, and peppers from your garden, CSA box, or crisper and mix them into a proper meal. The blended dressing, with a mix of summer herbs, makes more than you need for this recipe, but you'll love having extra to drizzle over grilled vegetables or summer tomatoes. Sweet corn transforms the salad into a succotash, and a new favorite at picnics and barbecues.

Dressing

1 cup extra-virgin olive oil
½ cup red wine vinegar
½ cup packed fresh basil leaves
½ cup packed fresh dill sprigs or mint leaves
½ cup packed fresh cilantro or Italian parsley sprigs
4 garlic cloves, peeled
1 teaspoon salt

Salad

4 ears fresh corn, or
1 pound frozen yellow corn kernels
1 cup farro or barley
Salt
1 pound green beans, cut into 2-inch pieces
8 ounces small zucchini (about 2), thinly sliced
1 red bell pepper, diced

1 small red onion, diced
1 pint cherry tomatoes, cut in half
1 small cucumber, diced
1 jalapeño chile, finely chopped
Additional fresh herbs, for garnish
8 ounces feta cheese, crumbled

For the dressing: Blend all the ingredients in a blender until smooth. *(The dressing can be made up to 4 days ahead. Cover and refrigerate.)*

For the salad: Using a large sharp knife, cut the corn kernels from the cobs. Place the fresh or frozen corn kernels in a large bowl.

Cook the farro in rapidly boiling salted water until tender, about 25 minutes. Drain the farro well and add it to the corn. Cook the green beans in a skillet of rapidly boiling salted water until crisp-tender, about 4 minutes. Drain well and add to the bowl with the farro. Let stand until the farro and green beans are cool and the corn is warmed or thawed. Add the zucchini, bell pepper, and red onion. Pour about half the dressing over the salad, season with cracked black pepper, and toss to combine. *(The salad can be made up to this point up to 1 day ahead.)*

Add the tomatoes, cucumber, and jalapeño to the salad and toss to combine. Add additional dressing to taste and sprinkle with herbs. Serve, passing the crumbled cheese separately.



coconut quinoa, black beans, avocado, mango, collards, plantain, cashews

4 SERVINGS / GF, VEGAN

Simmering quinoa in coconut milk makes it rich and slightly sweet. Cooled, I combine it with Brazilian favorites including black beans, collard greens, mango, avocado, and cashews for a beachy meal. Raw collard greens, just like raw kale, are tasty in salads, and unlike kale, thin ribbons of collards don't require a tenderizing massage.

Coconut Quinoa

1 (13- to 14-ounce) can
unsweetened coconut milk

$\frac{3}{4}$ cup quinoa

$\frac{1}{4}$ teaspoon salt

Dressing

$\frac{1}{3}$ cup fresh lime juice

2 tablespoons peanut or
other neutral oil

$\frac{1}{4}$ teaspoon ground allspice

$\frac{1}{4}$ teaspoon salt

Salad

1 (14- to 16-ounce) can
black beans, rinsed and
drained

1 to $1\frac{1}{2}$ cups diced mango
(about 1 mango)

1 yellow or orange bell
pepper, diced, or 4 mini bell
peppers, sliced

$\frac{1}{2}$ small red onion, halved
and sliced

1 large jalapeño chile,
stemmed, seeded, and
diced

4 cups thinly sliced
stemmed collard greens
(about 1 bunch) or baby
spinach leaves

2 avocados, sliced

$\frac{3}{4}$ cup roasted and salted
cashew pieces

Plantain chips, for garnish
(optional)

Unsweetened coconut
flakes, for garnish
(optional)

Lime wedges

For the coconut quinoa: Whisk the coconut milk, quinoa, and salt together in a heavy small saucepan. Bring to a simmer over medium-high heat. Reduce the heat to medium-low and simmer until the quinoa resembles pudding, about 20 minutes. Cover, turn off the heat, and let stand until cool.

For the dressing: Whisk together the lime juice, oil, allspice, and salt in a small bowl.

For the salad: Transfer the quinoa to a large bowl and fluff with a fork. Add the black beans, mango, bell pepper, onion, and jalapeño to the quinoa. Pour over half the dressing and toss to combine. *(The salad can be made up to this point up to 6 hours ahead; cover and refrigerate.)*

Carefully mix in the collard greens. Spoon the salad onto plates and top with the avocado. Drizzle with the remaining dressing. Sprinkle with the cashews and, if desired, plantain chips and coconut flakes. Serve with lime wedges.

Tip: If good mangoes are hard to find where you live, the solution can be found in the freezer in the form of packaged frozen organic mango pieces. Simply thaw the amount you want and the fruit is always perfectly sweet, smooth and not stringy. If you can get your hands on good-quality fresh mangoes, use those.



pesto zoodles and noodles

SERVES 4 TO 6

I must admit, when I first heard about the produce-spiral-cutting gadget, I thought it was a silly gimmick. But when I had to buy a spiralizer for an assignment, my kitchen counter and garden just happened to be covered with zucchini, and I became an instant “zoodle” (zucchini noodle) convert. I like to combine zoodles with whole wheat spaghetti for structure and substance, but you can replace the spaghetti with more zoodles for a grain-free dish or use another type of semolina pasta.

8 ounces whole wheat spaghetti

Salt

8 tablespoons extra-virgin olive oil

3 garlic cloves, finely grated or crushed with a garlic press

2½ pounds zucchini (about 2 medium)

¼ cup white wine vinegar

1 cup coarsely grated Parmesan cheese

½ cup packed fresh basil leaves, thinly sliced

½ cup pine nuts, toasted

Freshly ground black pepper

Cook the spaghetti in a medium pot of rapidly boiling salted water until al dente. Drain the spaghetti and transfer it to a large bowl. Immediately toss with 1 tablespoon of the oil and one-third of the garlic.

Meanwhile, cut the zucchini into spaghetti-sized zoodles with a spiralizer. Add the zoodles to the spaghetti along with the remaining oil and garlic.

When ready to serve, pour over the vinegar, add the cheese, basil, and pine nuts, and toss to combine. Season the salad with salt and pepper and serve.

Tip: If you don’t want to acquire another kitchen tool, you can cut the zucchini into thin noodle-shaped pieces instead. Trim the zucchini. Hold the zucchini on the cutting board with the stem side toward you. Using a large sharp knife, cut a thin slice off the long edge of the zucchini. Turn the zucchini so that the cut side rests on the cutting board and the stem end still faces you. Slice the zucchini into ⅛- to ¼-inch-thick slices. Stack the slices and cut into ⅛- to ¼-inch-wide strips.



fregola, fennel, olive, pecorino, orange, arugula

6 TO 8 SERVINGS

This salad is an ode to two Italian islands—Sardinia, from which hails fregola, a toasted semolina pasta, and Sicily, where fennel, orange, and olive salads are ubiquitous. This isn't an authentic dish—it's like a musical mash-up, recognizable yet new and very fun. Look for fregola at Italian markets or substitute giant toasted couscous.

Dressing

$\frac{2}{3}$ cup extra-virgin olive oil

2 teaspoons grated orange zest

$\frac{1}{2}$ cup fresh orange juice

$\frac{1}{3}$ cup fresh lemon juice

$\frac{2}{3}$ cup white wine vinegar

Salad

16 to 17.6 ounces fregola (according to package size)

Salt

Extra-virgin olive oil

2 medium fennel bulbs, trimmed and chopped (about $2\frac{1}{2}$ cups)

$\frac{3}{4}$ cup chopped pitted green olives, such as Cerignola or Castelvetrano (about 18)

$\frac{3}{4}$ cup chopped red onion

4 cups wild or small arugula leaves

$1\frac{1}{4}$ cups coarsely grated pecorino cheese

16 oil-cured black olives, pitted

$\frac{3}{4}$ cup chopped roasted or toasted almonds

$\frac{1}{4}$ cup chopped fennel fronds

4 oranges, peeled and sliced

For the dressing: Whisk together the ingredients to blend in a small bowl. (*The dressing can be prepared ahead. Cover and keep at cool room temperature for up to 4 hours or refrigerate overnight.*)

For the salad: Cook the fregola in rapidly boiling generously salted water until al dente. Drain well, but don't rinse. Transfer the fregola to a large bowl and toss gently with 1 tablespoon of the oil. Cool to room temperature. Stir in the fennel, green olives, and red onion. Pour half the dressing over the fregola and stir to combine. (*The fregola salad can be prepared ahead. Cover and keep at cool room temperature for up to 4 hours or refrigerate overnight.*)

Toss the arugula leaves in a large shallow bowl with enough of the remaining dressing to coat. Mix the cheese into the fregola and spoon the fregola atop the arugula in the bowl. Scatter the black olives, almonds, and fennel fronds over the fregola. Surround the arugula with the orange slices and serve with the remaining dressing.



fava beans, asparagus, toasted couscous, spring herbs, preserved lemon, labneh

4 SERVINGS

We plant fava beans in our Southern California garden in late fall, and come spring, the plants start giving. This generous plant grows into tall stalks shaded with delicate, nutty-tasting leaves that make an excellent addition to the salad mix, and its pretty white butterfly flowers develop into pods that are entirely edible when pinkie-sized. Once matured, the large pods shuck to yield sweet, creamy-textured beans. The plant also sheds important nutrients into the soil. To truly enjoy eating fava beans, they should be double peeled, with the outer pod shucked and the inner shell removed by blanching. It's not difficult to double peel the beans, just time-consuming. The results are worth it, especially when mixed with crunchy raw asparagus and slightly chewy couscous. Toasted couscous is also sold as pearl or Israeli couscous.

2 pounds fava beans, shucked

Salt

2 tablespoons plus 2 teaspoons extra-virgin olive oil, plus more for drizzling

½ cup toasted (Israeli) couscous

2 cups water

1 bunch very thin asparagus (about 14 ounces), well-trimmed

2 tablespoons fresh lemon juice

3 tablespoons chopped Preserved Lemon (page 218)

1 to 1½ cups labneh

Aleppo pepper

¾ cup loosely packed mixed fresh herb leaves, such as dill, Italian parsley, and cilantro

Bring a large saucepan of salted water to a rapid boil. Add the fava beans and boil for 3 minutes. Drain and cool. Carefully peel away the thin white husks on the beans. *(You should have about 2 cups double-shelled fava beans.)*

Heat 2 teaspoons of the oil in a heavy medium saucepan over high heat. Add the couscous and stir until golden brown, about 2 minutes. Add the water and bring to a boil. Reduce the heat to medium and simmer until tender, about 10 minutes. Drain well, transfer to a medium bowl, and cool completely.

Using a sharp knife, cut the asparagus on a diagonal into ¼- to ½-inch-thick slices, leaving the tips intact. Stir the asparagus, fava beans, the remaining 2 tablespoons oil, the lemon juice, and 1 tablespoon of the preserved lemon into the couscous. *(This can be prepared up to 1 day ahead. Cover and refrigerate.)*

Spoon the labneh onto plates or bowls and surround with the couscous mixture. Sprinkle the labneh with the remaining 2 tablespoons preserved lemon and some Aleppo pepper. Drizzle the salads with oil, scatter the herbs over, and serve.

spicy coconut peanut sauce

MAKES ABOUT 2½ CUPS

My kids used to play a game: think of a food that doesn't taste good with peanuts or peanut butter. It's tough, and this slightly sweet and spicy sauce is super on most savory foods, especially my versions of gado-gado. Made quickly with pantry staples, the sauce is a delicious way to bring flavor and focus to random foods in the cupboard and crisper. I find myself whisking up a batch to spoon over brown rice and shredded cabbage for a quick lunch, enjoy as a dip for cucumbers and carrots, drizzle over grilled tofu, or toss with leftover cooked vegetables.

**¾ cup natural
peanut butter**

**¾ cup (or more)
unsweetened
canned coconut
milk**

⅓ cup rice vinegar

**⅓ cup soy sauce or
tamari**

¼ cup brown sugar

**3 tablespoons
sambal oelek or
sriracha**

**3 garlic cloves,
finely grated or
pressed with a
garlic press**

Whisk together all the ingredients to blend in a medium bowl. *(The sauce can be made up to 1 week ahead; cover and keep refrigerated.)*

preserved lemons

MAKES TWO 8-OUNCE JARS

Cooks in North Africa began preserving lemons in salt around the tenth century. Putting lemons up in salt meant that their tart, bright flavor could be enjoyed in dishes when fresh lemons were not in season. Salty and sour, preserved lemons have a unique and enticing flavor—a jar or two should always be in your refrigerator. After removing the desired amount of preserved lemons from the jar, be sure that the remaining lemons are completely covered with olive oil—you may need to add a touch more.

**3 or 4 lemons,
preferably Meyer
lemons**

**About ¼ cup
Diamond Crystal
kosher salt**

**Extra-virgin olive
oil**

Wash and dry the lemons and cut lengthwise into quarters. Place 1 lemon quarter into each of two 8-ounce jars. Sprinkle the lemon generously with salt. Repeat, nestling enough lemon quarters into each jar to fill it completely, pressing gently on the lemons and sprinkling with salt after each addition. Pour enough oil into the jars to cover the lemons by ½ inch. Seal the jars and refrigerate for at least 1 week before using. *(The lemons can be made several months ahead. Keep the lemons refrigerated, making sure they are completely submerged in lemon juice and olive oil. To use, chop the peel and pulp of the preserved lemon and discard the seeds.)*