

Questa Del Rio News

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Elevate Your Lunch Break With Salads!

As the sun stretches its rays longer into the day, our cravings for refreshing and satisfying salads soar to new heights! Whether you're basking in the outdoors on a picnic blanket or tackling tasks indoors with a trusty reusable container by your side, our enchanting salad recipes promise to elevate your midday meal experience. Because whether you're savoring a leisurely lunch break or powering through tasks, you deserve nothing short of the finest flavors of summer.

Chopped Salad with Green Chile

Recipe courtesy of "She Likes Food"

Ingredients

- 4 c chopped green cabbage
- 4 c chopped romaine lettuce
- 1 (15-oz) can chickpeas, drained and rinsed
- 1 c corn kernels (fresh, frozen or canned)
- 1/2 red onion, diced
- 1 c fire-roasted green chili, with most of the liquid drained out
- 3/4 c cotija cheese, or queso fresca or feta cheese
- 1 c diced tomato
- 1 medium size avocado, diced
- 1/2 c chopped cilantro

Dressing

- 1/3 c olive oil
- Juice of two limes, 1/4 c, more if desired
- 1/2 t cumin, more if desired
- 1 or 2 cloves garlic, minced or grated
- 1 t pure maple syrup
- 1 t Dijon mustard
- Salt and pepper, to taste

Add all dressing ingredients to a jar and mix until completely combined. Give the dressing a taste and add more seasonings if desired.

Add the chopped cabbage and romaine lettuce to a large bowl and mix together. Next, add all the remaining salad ingredients and mix together well. You can either dress the entire bowl of salad if bringing to a party or potluck, or you can serve individual portions of salad and each person can dress their own salad

Vegan Santa Fe Salad

Recipe courtesy of "The Healthy Foodie"

- 4 c chopped romaine lettuce
- 3 c corn kernels, thawed, canned or fresh (drain well if applicable)*
- 1 dry pint cherry tomatoes, halved
- 1 15-oz can black beans, rinsed and drained
- 1/2 c sliced red onion
- 1/2 c chopped cilantro
- 1 avocado, sliced
- Vinaigrette
- 1/3 c avocado oil
- Grated zest and juice of 2 limes
- 2T maple syrup
- 1 garlic clove, minced
- 1 t salt (I use Himalayan salt)
- 1/2 t ground cumin
- 1/2 t chipotle powder
- Optional Garnish
- Lime wedges
- Crushed tortilla chips

Place the lettuce, corn, tomatoes, black beans, red onion and chopped cilantro in a large mixing bowl.

Next, combine all the ingredients for the vinaigrette in a small measuring cup and whisk until well combined and slightly emulsified. Pour over the salad and toss delicately to combine.

Serve immediately or place in the fridge for about an hour to allow flavors to meld.

When ready to serve, top with the sliced avocado and garnish with a handful of crushed corn tortillas as well as a few lime wedges, if desired.

Avacado Salad

Recipe Courtesy of "Cooking Classy"

Ingredients

- 1 medium (12 oz) English cucumber, cut into quarters through the length, then sliced
- 16 oz grape tomatoes*
- 1/2 small red onion,** sliced into small pieces
- 2 medium avocados (firm but ripe), sliced into bite-size pieces

Dressing

- 1-1/2 T fresh lemon juice***
- 1-1/2 T red wine vinegar
- 3-1/2 T extra virgin olive oil
- 1 t honey
- 1-1/2 t minced garlic
- 1/4 c chopped cilantro
- 1/4 c chopped parsley
- 1/2 t dried oregano
- Salt and freshly ground black pepper

Instructions

For the dressing: In a small mixing bowl whisk together lemon juice, red wine vinegar, extra virgin oil, honey, garlic, cilantro, parsley, oregano, and season with salt and pepper to taste.

In a large bowl gently toss together cucumbers, tomatoes, red onion, and avocado with dressing.

