

Doug Heilman's Summer Salad Recipes

As we edge to the highs of summer gardening and local farmers market, wonderful abundance surrounds us. Sometimes, we may have a bit too much of something, and need a quick recipe to make good use of excess. Here are my favorite salads that do just that, highlighting a star produce ingredient. Enjoy!

German Tomato Salad (Tomatensalat)

16 ounces Small tomatoes, cherry or grape size, halved
2 tablespoons Fresh chives
3 tablespoons Apple cider vinegar
3 tablespoons Vegetable oil
1 tablespoon Dry mustard powder, heaping
1 tablespoon Whole grain Dijon mustard
1/4 teaspoon Ground turmeric (optional)
1/2 teaspoon Salt, divided
1/2 - 1 teaspoon Sugar
Ground black pepper

Place halved tomatoes in a medium size bowl and add 1/4 tsp salt. Mix to combine. Add the fresh chives to the bowl of tomatoes. In a liquid measure, add remaining ingredients and whisk to combine. Pour dressing over tomatoes and chives. Stir salad to incorporate dressing and chives. Serve and enjoy!

Shaved Zucchini Salad (adapted from www.177mikstreet.com)

2 medium Zucchini
1 ounce Parmesan cheese, finely grated
1 ounce Parmesan cheese, shaved
1/2 cup Basil leaves, torn
1/2 cup Mint leaves, torn
1/4 cup shelled pistachios, coarsely chopped
1 Lemon (zest and juice)
3 tablespoons Olive oil
1/4 teaspoon Honey
Salt and pepper

Using a Y shaped peeler, peel each zucchini on all sides to create ribbons, stopping once the seed core appears. Place zucchini ribbons into a medium size bowl. Add the torn herbs, both the shredded and shaved Parmesan, and the chopped pistachios.

For the dressing, in a medium liquid measure add the zest and juice of one lemon, olive oil, and honey. Add salt and pepper to taste. Whisk to combine.

When ready to serve, pour the dressing over the zucchini mixture. Use tongs to toss and dress the salad completely. Serve immediately. Enjoy!

Fresh Corn & Halloumi Salad

8 ounces Halloumi cheese
1 tablespoon Olive oil
3 Cups Fresh corn kernels
1 cup Sliced scallions
1/4 teaspoon Ground chipotle powder
1/4 teaspoon Salt
1/4 teaspoon Pepper
2-3 tablespoons Chopped fresh chives
2 tablespoons Fresh lime juice

Dice an 8 ounce block of halloumi cheese into 1/2 to 1/4 inch pieces. Meanwhile, place a 12 inch nonstick skillet over medium high heat. Add olive oil and halloumi. Cook until halloumi is nicely browned on all sides, and transfer cheese cubes to a small plate.

Add sliced scallions and fresh corn kernels to the hot skillet. Sauté until softened, and any excess corn liquid has been reduced. Add chipotle powder, salt, and pepper.

Return cheese to the corn mixture, stir to combine their transfer to a serving dish. Add the fresh lime juice and chives over the entire dish. Served at room temperature as a salad, or warm as a vegetable side dish.

Makes a great addition to tacos, or a lovely filling for lettuce wraps. Enjoy!

Classic Coleslaw

4 cups Shredded green cabbage, (about 10 ounces)
1 cup Shredded red cabbage, (about 2-3 ounces)
1 Medium carrots, peeled and shredded
1 cup Mayonnaise
2 tablespoons Apple cider vinegar
1 tablespoon Sugar, or adjust to taste
1 teaspoon Dijon mustard

1/2 teaspoon Celery seed (not celery salt)
1/2 teaspoon Salt
1/4 teaspoon Pepper

Add prepared vegetables to a large bowl. Meanwhile, in a liquid measure, add remaining dressing ingredients and whisk. Pour dressing over the coleslaw and toss to combine evenly. Enjoy!

Note: my mother adds much more sugar (3-4 tablespoons). Feel free to adjust to your personal taste.