

THE BEST Summer Salads





Hello, I am Carrie and I'm a little *crazy*. Crazy about cooking!

Not only do I love cooking but I also love summer! My kids are out of school and we don't have a strict schedule. I love spending our days by the pool and being outside as much as possible!

One thing I do not want to worry about in the summertime is what's for dinner! My family loves a lite summer salad to enjoy on a hot day.

I have prepared for you a cookbook of our favorite summer salad recipes. This includes traditional salads, pasta salads, fruit salads and a dessert salad! I love having one of these prepared and waiting for me in our refrigerator for dinner or lunch!

These recipes are some of my family's favorites and, like all of my recipes, they are easy to make! I hope this cookbook helps you enjoy your summer by not having to decide what's for dinner!

If you love the convenience of this cookbook make sure you visit www.eatingonadime.com where you can get easy meals for your family every single month!

From my kitchen to yours,

Carrie

www.eatingonadime.com
www.lazydaycookingclub.com
www.onecrazymom.com

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Cucumber Tomato Salad

INGREDIENTS:

- 2 cucumbers
- 1/2 red onion sliced
- 1 - 2 cups cherry tomatoes sliced
- 1/2 cup Italian dressing

INSTRUCTIONS:

1. Peel the cucumbers. Get a fork and score the sides. This makes them look pretty. It is completely optional.
2. Slice.
3. Slice the cherry tomatoes in half.
4. Combine them all in a bowl.
5. Pour Italian salad dressing over salad.
6. Shake to stir.
7. Refrigerate for at least an hour. Serve cold.



Creamy Broccoli Salad

INGREDIENTS:

- 4 cups cut broccoli (cut into smaller, bite size pieces)
- 1/2 cup matchstick carrots
- 1/4 cup diced red onion
- 1/2 cup mayonnaise
- 1 tablespoon sugar
- 1 tablespoon apple cider vinegar
- 1/4 cup raisins
- 1/4 cup bacon pieces (about 4 strips)
- 2 tablespoons sunflower seeds

INSTRUCTIONS:

1. Add broccoli, carrots and onion to a mixing bowl. Mix well.
2. In a small bowl, combine mayonnaise, sugar and vinegar and mix well. Add to the broccoli mixture and mix well.
3. Stir in raisins, bacon and sunflower seeds. Serve immediately or store in an airtight container in the refrigerator until ready to eat.



Cucumber Onion Salad

INGREDIENTS:

- 2 - 3 cucumbers
- 1 onion
- 1 cup vinegar (white or apple cider)
- 1 cup water
- 1/4 cup sugar (I have even done as low as 1/8 cup)

INSTRUCTIONS:

1. Peel and slice the cucumbers (I like them thinly sliced)
2. Slice the onions.
3. In a container (with a lid) combine the water, vinegar, and sugar.
4. Stir until combined.
5. Add in the cucumbers and onions. Place lid on top and shake.
6. Place in the refrigerator and let it cool for at least a few hours before eating.
7. Eat with a fork... or your fingers!



Creamy Greek Salad

INGREDIENTS:

- 1 cup plain greek yogurt
- 1 lemon juiced
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 medium tomato diced
- 1 small cucumber diced
- 1 red onion diced
- 1/2 green pepper diced
- 1/2 red pepper diced
- 1/2 cup crumbled feta cheese
- 1/4 cup greek olives chopped

INSTRUCTIONS:

1. Combine all the ingredients in a bowl.
2. Stir to combine.
3. Cover and refrigerator for one hour to allow the flavors to combine.
4. Serve as a salad or to top your favorite grilled chicken or turkey.



Easy Pasta Salad

INGREDIENTS:

- (1) 16 oz. box of pasta
- 1 cup Italian dressing
- 1 large cucumber (sliced and quartered)
- 1 pint grape or cherry tomatoes (halved)
- 1/2 cup pepperoni (cut into quarters)
- 1/4 cup diced red onion
- 1/4 cup Parmesan cheese

INSTRUCTIONS:

1. Heat a large stockpot of water to boiling and cook pasta according to package directions.
2. When pasta is cooked to your liking, drain and immediately rinse with cold water until pasta is cool.
3. Mix cucumbers, tomatoes, pepperoni and red onion together in a large bowl with pasta. Pour in dressing and mix well.
4. Refrigerate for about an hour or overnight until ready to serve. Serve with Parmesan cheese.



Classic Italian Pasta Salad

INGREDIENTS:

- (1) 16 ounce package of rotini pasta (We love the multi-colored)
- 2 cups cherry tomatoes halved
- 1/2 pound mozzarella cheese cubed
- 1/2 pound sliced pepperoni cut in half
- 1 large green bell pepper diced
- 1 can of black olives 10 oz, drained
- 8 oz Italian dressing
- 6 oz shredded Parmesan cheese

INSTRUCTIONS:

1. Bring a large pot of water to a boil.
2. Add pasta and cook until al dente. You want your pasta firm.
3. Drain, and rinse with cold water. Set aside.
4. In a large bowl, combine the pasta with tomatoes, mozzarella cheese, pepperoni, green pepper, and black olives.
5. Pour the Italian dressing over the top. Add in the Parmesan cheese and stir to coat.
6. Let sit in the refrigerator for at least one hour for the flavors to come together.



Crock Pot BBQ Chicken Salad

INGREDIENTS:

- 2 Boneless skinless chicken breasts cut into bite size pieces
- 1 cup bbq sauce
- 1 teaspoon minced garlic
- 6 cups chopped romaine lettuce
- 1 Roma tomato diced
- 1 can corn kernels drained
- 1 can black beans drained and rinsed
- 1/2 red onion diced
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded Monterrey jack cheese
- 1/2 cup Ranch dressing
- 1/4 cup tortilla strips

INSTRUCTIONS:

1. Place the chicken, bbq sauce and minced garlic in the crock pot.
2. Cook on low for 6-8 hours until cooked through.
3. To assemble the salad, place romaine lettuce in a large bowl; top with chicken, tomato, corn, beans, onions and cheeses. Pour Ranch dressing on top of the salad and gently toss to combine.
4. Serve immediately, topped with tortilla strips.



Easy Tropical Fruit Salad

INGREDIENTS:

- 1 pineapple (cut into bite sized chunks)
- 1 pound strawberries (quartered)
- 1/2 cantaloupe
- 5 kiwis (sliced)
- 6 mandarin oranges (peeled and separated)
- 2 limes
- 2 lemons
- 1/4 cup honey

INSTRUCTIONS:

1. Chop up each fruit individually.
2. I really like my pineapple slicer. Watch my Facebook video where I show you how easy it is to make.
3. Combine the fruit in a large glass bowl.
4. Pour honey into a small glass bowl. Squeeze the two limes and lemons into the bowl and mix well.
5. Pour the honey lime glaze over the fresh fruit and toss to combine.
6. Place in the fridge until ready to serve.



Ramen Noodle Salad

INGREDIENTS:

- 1 small package coleslaw mix
- 1/2 cup matchstick carrots
- 1/2 red pepper (diced)
- 3 green onions (sliced thin)
- 1 package chicken flavored ramen noodles
- 1/3 cup vegetable oil
- 2 tablespoons apple cider vinegar
- 1/4 cup sugar
- ramen chicken seasoning packet (included with noodles)
- 1/8 teaspoon black pepper

INSTRUCTIONS:

1. In a large mixing bowl, add coleslaw, carrots, red pepper and green onions. Mix well.
2. Break apart ramen noodles and add to coleslaw mix. Stir well.
3. In a small bowl, add oil, vinegar, sugar, seasoning packet and black pepper and mix well. Pour over coleslaw mix and mix well. Stir before serving.
4. Serves 4-6



Snicker Apple Salad

INGREDIENTS:

- 4 apples (2 red and 2 green -any 4 will do but having a variety makes it better ;))
- 1 container of cool whip
- 3 snickers bar chopped (this is much easier to chop if you put it in the fridge for a while first)

INSTRUCTIONS:

1. Chop all your apples into bite size pieces.
2. Mix in the cool whip and the chopped snickers. (save about 1/4 of the snickers)
3. Once it is all combined top with the leftover snickers just to make it look pretty.
4. That is it! Enjoy!