

Quick Summer Salads

Recipes by Hari Nayak

What could be easier—and better for you—than a summer salad loaded with fresh vegetables and herbs? Head to your local farmers' market for the best salad greens and local late spring/early summer vegetables and whip up one of these delicious salads in no time. 🌿

Shrimp Salad With Sugar Snap Peas, Watercress, Cannellini Beans, and Fresh Mint

Serves 4

- 1 pound shrimp, large, shelled, and deveined
- 8 ounces sugar snap peas
- 5½ tablespoons extra virgin olive oil
- Salt and freshly ground pepper
- ¼ cup fresh mint, packed and chopped

- 2 tablespoons warm water
- One 15-ounce can cannellini beans, drained and rinsed
- 1 tablespoon fresh lemon juice
- 1 bunch (5 ounces) watercress, tough stems discarded
- Lemon wedges, for serving

In a preheated broiler, position a rack 6 inches from the heat.

Toss shrimp with 1 tablespoon of olive oil and season with salt and pepper. Broil shrimp for 3 minutes, turning once, until opaque throughout.

Blanch sugar snaps in a medium saucepan of boiling salted water until crisp-tender, about 1 minute. Drain and

plunge into a water bath and then let the sugar snaps dry.

In a small food processor, pulse the mint with warm water. Add 4 tablespoons of olive oil and purée until smooth.

In a medium bowl, toss the beans and sugar snap peas with the mint oil and shrimp and season with salt and pepper.

In a large bowl, whisk together the lemon juice and the remaining ½ tablespoon of olive oil. Add the watercress; season with salt and pepper gently.

Mound watercress on large plates with 2 ounces of sugar snap peas and spoon shrimp salad on top. Serve with lemon wedges.

TD&N Nutrient Analysis: Calories: 406; Total Fat: 22 g; Saturated Fat: 3 g; Polyunsaturated Fat: 3 g; Monounsaturated Fat: 15 g; Cholesterol: 172 mg; Sodium: 405 mg; Carbohydrates: 21 g; Fiber: 6 g; Protein: 30 g



Endive Salad With Blood Orange and Medjool Date With Lime-Cardamom Dressing

Serves 4

Salad

- 12 Belgian endive leaves
- 3 cups blood orange sections
- 1 cup radishes, thinly sliced
- 1 cup red onion, thinly sliced
- ½ cup Medjool dates, pitted, thinly sliced
- 4 teaspoons fresh mint, chopped

Dressing

- ½ teaspoon cardamom seeds, toasted
- ¼ cup low-fat buttermilk
- 1 tablespoon extra virgin olive oil
- 2 teaspoons fresh mint, chopped
- ½ teaspoon lemon rind, grated
- ½ teaspoon lime rind, grated
- ¼ teaspoon salt
- ¼ teaspoon black pepper, freshly ground

Prepare salad by arranging three endive leaves on each of four salad plates.

Top each with ¼ cup oranges, ¼ cup radishes, ¼ cup onions, 2 tablespoons dates, and 1 teaspoon mint. Drizzle each serving with 1 tablespoon of dressing.

For the dressing, place the cardamom in a spice or coffee grinder and process until finely ground. Combine the rest of the ingredients and stir with a whisk.

Note: This refreshing salad is excellent with chicken and duck. It is also good with feta and other fresh cheeses.

TD&N Nutrient Analysis: Calories: 367; Total Fat: 1 g; Saturated Fat: 0 g; Polyunsaturated Fat: 0 g; Monounsaturated Fat: 1 g; Cholesterol: 0 mg; Sodium: 50 mg; Carbohydrates: 89 g; Fiber: 14 g; Protein: 5 g

Lemon Verbena Oil

Makes ½ cup

- 1 cup lemon verbena leaves (about 3 ounces)
- or
- 2 stalks fresh lemongrass (tender, inner white bulbs only, crushed)
- ½ cup grapeseed oil
- Pinch of salt

Combine the lemon verbena or lemongrass with the oil and blend for 2 minutes in a blender.

Pour the oil into a jar and let stand for one hour and then, through a chinois or muslin cloth, strain, pressing on the solids to extract as much oil as possible.

Season with salt.

Note: This oil can be refrigerated for one week. Drizzle this infused oil over steamed vegetables, seafood, or poultry and use to make a fragrant vinaigrette.

TD&N Nutrient Analysis: Calories: 120; Total Fat: 14 g; Saturated Fat: 1 g; Polyunsaturated Fat: 10 g; Monounsaturated Fat: 2 g; Cholesterol: 0 mg; Sodium: 0 mg; Carbohydrates: 0 g; Fiber: 0 g; Protein: 0 g

Green Apple, Ginger, Sweet Vidalia, and Coconut Salad

Serves 4

- 2 Granny Smith apples (about 1 pound), quartered lengthwise, cored, and thinly sliced crosswise
- 1 small Vidalia onion, quartered lengthwise, thinly sliced crosswise
- One 3-inch piece ginger, peeled and cut into 1/8- by 2-inch matchsticks
- 1/2 cup fresh coconut, finely grated and peeled
- 3 tablespoons fresh lemon juice
- 2 tablespoons fresh basil, shredded
- Salt and freshly ground pepper
- Lemon verbena oil (recipe follows)

Toss the apples with the onion, ginger, coconut, lemon juice, and basil. Season with salt and pepper. Add 3 tablespoons of lemon verbena oil. Toss and serve.

TD&N Nutrient Analysis: Calories: 198; Total Fat: 14 g; Saturated Fat: 4 g; Polyunsaturated Fat: 7 g; Monounsaturated Fat: 2 g; Cholesterol: 0 mg; Sodium: 6 mg; Carbohydrates: 21 g; Fiber: 4 g; Protein: 1 g



Watercress Salad With Frisee, English Cucumber, and Radishes

Serves 4

- 1/2 English cucumber (usually found in plastic wrap), peeled, halved lengthwise, cored, and thinly sliced diagonally (2 cups)
- 2 teaspoons rice vinegar (not seasoned)
- 2 teaspoons extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 ounces frisee, trimmed (3 cups loosely packed)
- 1 bunch watercress, trimmed and tough stems discarded (3 cups loosely packed)
- 2 ounces baby spinach (2 cups loosely packed)

- 6 radishes, sliced, then cut into thin matchsticks

Toss the cucumber with vinegar, oil, salt, and pepper in a large bowl. Let stand for 10 minutes.

Add the frisee, watercress, spinach, and radishes and toss well.

Note: To save time, you can use a total of 6 ounces mesclun (premixed baby greens) instead of the frisee, watercress, and spinach.

TD&N Nutrient Analysis: Calories: 41; Total Fat: 2 g; Saturated Fat: 0 g; Polyunsaturated Fat: 0 g; Monounsaturated Fat: 2 g; Cholesterol: 0 mg; Sodium: 328 mg; Carbohydrates: 4 g; Fiber: 2 g; Protein: 2 g

Culinary Capers in Amish Country

Mystery writer Tamar Myers has a knack for combining food and fiction. In her Pennsylvania-Dutch Mystery series, Myers' leading lady is the feisty Magdalena Yoder, an Amish-Mennonite innkeeper-turned-amateur sleuth who cunningly solves mysteries in her hometown of Hernia, Pennsylvania, where foul play doesn't stand a chance against Magdalena's special recipe of common sense, eccentric habits, and acerbic humor.

Speaking of recipes, Myers' books have those, too. And one suspects there's a gourmet behind titles such as *Assault and Pepper*, *Between a Wok and a Hard Place*, *The Crepes of Wrath*, and her latest whodunit, *Hell Hath No Curry*. "I enjoy cooking but not the cleanup. Actually, I included recipes because I'm always hungry," Myers explains. Her favorite meal is "a low-calorie Thai dish called 'larb,' made from ground chicken, cilantro, and lime juice."

Like her heroine, Myers comes from an Amish background, genetically speaking, but she was born and raised in the Belgian Congo. Her parents were missionaries to a tribe of bloodthirsty headhunters. The area, now referred to simply as the Congo, was a dangerous war zone. The Myers family learned to dodge other dangers, including deadly snakes and crocodiles, and they ate the regional cuisine, which consisted of elephant, hippopotamus, and monkey.

"Elephant tastes a lot like beef, but it's very tough, so it's wise to have a pressure cooker handy," says Myers. "My mother used to cook elephant burgers in one and then pan fry them to get a nice brown color. Hippo is very much like pork but less distinctive," Myers says of the unusual meat she ate at boarding school "where they served it cooked, ground, and mixed with mayo and chopped pickle—sort of like an exotic take on ham salad sandwiches."

Despite the fact that both animals are rather portly, Myers says the meat is fairly lean. Monkey was the least desirable. "It is really nasty; stay away from it unless you are a would-be cannibal."

Here, Myers shares a recipe from her latest book, which is rather delicious reading. *MD*

Garden Delight Curry

- 1/4 cup oil
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon fenugreek seeds
- 1 teaspoon cumin seeds
- 2 medium onions, finely chopped
- 2 medium tomatoes, finely diced
- 1 tablespoon tomato paste
- 1/2 teaspoon ginger-garlic paste
- 2 green chiles, split in half



- 1/4 teaspoon turmeric powder
- 1/2-1 teaspoon cayenne pepper (or to taste)
- 1 teaspoon sugar
- Salt to taste
- Water as needed
- 2 large potatoes, cut into 4 pieces each (bigger pieces prevent potatoes from being mashed)
- 2 carrots, peeled and cut into small cubes
- 1 zucchini, chopped into small pieces
- 1 medium green or red bell pepper, diced
- 1 head cauliflower, cut into small florets
- 1 cup peas
- Coriander leaves, finely chopped, for garnish (optional)

1. Heat oil in a saucepan and add mustard, fenugreek, and cumin seeds. Cook till they begin to splutter, then carefully add onions. Mix well and sauté till onions are soft.
2. Add tomatoes, tomato paste, garlic-ginger paste, green chilies, turmeric powder, cayenne, sugar, and salt. Mix well. Cook this masala for 5 minutes. Use water as needed to keep masala from drying out.
3. Add all the rest of the vegetables except cauliflower and peas. Stir well and cook till vegetables are slightly tender.
4. Add cauliflower and peas; add very little water (1/4 cup) to help steam vegetables. Stir well.
5. Cover and cook on low heat till potatoes and cauliflower are fork tender. The time could vary depending on your preference for doneness, 10-20 minutes. Add a little water if curry is too dry.
6. Garnish with coriander leaves and serve with naan and raita.

TD&N Nutrient Analysis: Calories: 338; Total Fat: 15 g; Saturated Fat: 2 g; Polyunsaturated Fat: 2 g; Monounsaturated Fat: 11 g; Cholesterol: 0 mg; Sodium: 223 mg; Carbohydrates: 46 g; Fiber: 11 g; Protein: 9 g

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