



AUGUST '13
SALADS
MENU PLANNER

Be sure to check your cupboard
before shopping for these items!

Grocery list

Your Wildtree Products Shopping List "Salads" Menu Planner Bundle

Lemon Pepper Blend
Natural Grapeseed Oil
California Style Garlic Pepper Blend
Vegetable Bouillon Soup Base
Zesty Lemon Grapeseed Oil
Pad Thai Sauce
Wildly Blueberry Jam
Chipotle Lime Rub
Mediterranean Dry Rub
Sweet & Savory Pineapple Sauce

Vegetables:

Sweet potatoes, 2
Fresh basil, 1/2 cup
Cilantro, 1/4 cup & 2 tbsp
Fresh ginger, 1 1/2 tsp
Fresh parsley, 1/4 cup & 4 tbsp
Fresh mint, 6 tbsp
Shallots, 3
Brussel sprouts, 1 lb
Chard leaves, 2
Cucumber
Carrots, 2 and 1/4 cup
Bean sprouts, 1 cup
Lettuce, 8 cups
Edamame, 1/4 cup
Zucchini, 2 cups
Eggplant, 2 cups
Scallions, 3/4 cup
Red onion, 1/4 cup
Cherry tomatoes, 3 cups
Tomatoes, 1 lb
Baby spinach, 6 cups
Garlic, 1 clove
Avocado, 2

Fruits:

Lime wedges
Lemon
Orange zest, 3 tsp
Oranges, 2
Blueberries, 1/2 cup
Apple

Bread/Pasta/Rice/Flour :

New England style hot dog rolls, 4
Quinoa, 1 cup
Udon noodles, 8 oz
Panko breadcrumbs, 3/4 cup
Pearled barley, 1/2 cup
Pasta, 2 cups uncooked

Proteins:

Lobster meat, 4 cups
Shrimp, peeled and deveined, 1 lb
Shrimp, cooked, 1 lb
Chicken breast, 2 lbs

Misc. Items

Light mayo, 1/2 cup
Lemon juice, 1 tbsp
Orange juice, 1/2 cup
Dijon mustard, 2 1/2 tbsp
Almonds, toasted, 1/2 cup
Chopped peanuts
Walnuts, 1/2 cup
Dried cranberries, 1/4 cup
Rice vinegar, 1/4 cup & 2 tbsp
White wine vinegar, 1 tbsp
Balsamic vinegar, 1 tbsp
Crushed red pepper, 1 tsp
Cracked black pepper
Kalamata olives, 10
Artichoke hearts, 14.5oz can
Diced green chilies, 4oz can
Black beans, 15.5 oz can
Corn, 15.5 oz can

Dairy:

Feta cheese, 1/2 cup
Parmesan, shredded, 1/2 cup
Parmesan, grated, 1/4 cup
Eggs, 2



Lobster Salad Roll

Serves 4



- 4 cups lobster meat, cooked (about 1 pound)
- ½ cup light mayo
- 1 tablespoon lemon juice
- 1 teaspoon Wildtree Lemon Pepper Blend
- ½ cup celery, chopped
- 4 New England style hot dog rolls

Fold together the lobster meat, mayo, lemon juice, Lemon Pepper Blend and celery. Toast the hot dog buns, if desired. Divide lobster salad among buns.

Calories 330; Fat 13 g; Saturated Fat .5 g; Carbohydrate 27 g; Fiber 1 g; Protein 27 g; Cholesterol 90 mg; Sodium 1020 mg



Minted Tomato & Artichoke Salad

Serves 4

- 1 pound tomatoes, diced
- 1 (14.5 ounce) can artichoke hearts, drained and chopped
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh mint, chopped
- 1 tablespoon Wildtree Zesty Lemon Oil
- 1 ½ teaspoons Wildtree Lemon Pepper Blend
- ½ lemon, juiced

Combine all ingredients in a bowl; toss to combine. Serve chilled.

Calories 90; Fat 3.5 g; Saturated Fat 0 g; Carbohydrate 13 g; Fiber 4 g; Protein 4 g; Cholesterol 0 mg; Sodium 630 mg



Quinoa & Sweet Potato Salad

Serves 4

- 2 sweet potatoes
- 2 tablespoons Wildtree Natural Grapeseed Oil, divided
- 2 teaspoons Wildtree California Style Garlic Pepper Blend
- 2 cups Wildtree Vegetable Bouillon Soup Base, prepared according to package directions
- 1 cup quinoa
- ¼ cup fresh basil, chopped
- ½ cup feta, crumbled

Preheat oven to 425°F. Peel the sweet potatoes and cut into ½ inch cubes. Toss in a bowl with 1 tablespoon Grapeseed Oil and California Pepper Blend. Spread on a foil-lined (or greased) sheet pan. Bake for 25-30 minutes or until tender and starting to brown. Meanwhile bring the Vegetable Bouillon and quinoa to a boil. Reduce heat to a simmer, cover, and continue cooking for 15 minutes or until all the liquid has been absorbed and the quinoa is tender. Once the quinoa and sweet potato has cooled, combine the two in a large bowl with the remaining 1 tablespoon Grapeseed Oil, basil, and feta.

Calories 330; Fat 13 g; Saturated Fat 3.5 g; Carbohydrate 44 g; Fiber 4 g; Protein 10 g; Cholesterol 15 mg; Sodium 820 mg



Blueberry Walnut Chicken Salad

Serves 4

- ¼ cup grated parmesan
- ¾ cup panko breadcrumbs
- 2 tablespoons fresh parsley
- 1 teaspoon Wildtree Lemon Pepper Blend
- 2 eggs
- 1 pound chicken breasts, boneless & skinless
- 4 cups lettuce, packed
- ½ cup fresh blueberries
- ½ cup walnuts (optional)
- ¼ cup Wildtree Wildly Blueberry Jam
- 1 tablespoon balsamic vinegar
- Cracked pepper to taste

Preheat oven to 400°F. Slice chicken into strips. In a bowl combine the parmesan, panko, parsley, and Lemon Pepper Blend. In a second bowl whisk together the 2 eggs. Dip the chicken strips into the egg, and then the breadcrumb mixture. Press the mixture onto the chicken. Place chicken strips on a greased baking sheet and bake for 20-25 minutes, or until chicken is cooked through. Meanwhile divide the salad among 4 plates. Garnish with blueberries and walnuts. Next, mix together the Blueberry Jam, vinegar, and cracked pepper; set aside. Once chicken is finished cooking, place on top of the lettuce in each plate. Serve with the Blueberry Jam "dressing."

Calories 380; Fat 15 g; Saturated Fat 3 g; Carbohydrate 28 g; Fiber 3 g; Protein 35 g; Cholesterol 150 mg; Sodium 380 mg



Chopped Chicken & Apple Salad with Orange Dressing

Serves 4

- 1 pound chicken breasts, boneless and skinless
- 1 tablespoon Wildtree Chipotle Lime Rub
- 4 cups lettuce, packed
- 1 apple, sliced into matchstick pieces
- ¼ cup dried cranberries
- ¼ cup carrot, grated
- ¼ cup edamame

Dressing:

- 1 teaspoon orange zest
- ½ cup fresh squeezed orange juice
- ½ teaspoon Wildtree Chipotle Lime Rub
- 2 teaspoons Dijon mustard
- 1 teaspoon Wildtree Zesty Lemon Oil
- Salt and pepper to taste

Season chicken with Chipotle Lime Rub. Grill until the chicken is cooked through. Transfer to a cutting board to rest. Meanwhile prepare the dressing by whisking together all of the dressing ingredients. Once the chicken has rested, slice into strips. In a large bowl toss together the lettuce, apple, cranberries, carrot, edamame, and prepared dressing. Divide among 4 plates and top with chicken.

Calories 220; Fat 3.5 g; Saturated Fat .5 g; Carbohydrate 19 g; Fiber 3 g; Protein 28 g; Cholesterol 65 mg; Sodium 330 mg



Mediterranean Eggplant & Barley Salad

Serves 4

- 1 large zucchini, cut into bite-size pieces (about 2 cups)
- 1 medium eggplant, cut into bite size pieces (about 2 cups)
- 3 tablespoons Wildtree Natural Grapeseed Oil, divided
- 1 teaspoon Wildtree Lemon Pepper Blend
- ½ cup scallions, chopped
- 1 tablespoon Wildtree Mediterranean Dry Rub
- ½ cup pearly barley
- 1 cup Wildtree Vegetable Bouillon Soup Base, prepared according to package directions
- ¼ cup red onion, thinly sliced
- 1 ½ cup cherry tomatoes, halved
- 10 kalamata olives, quartered
- ¼ cup fresh parsley, chopped
- 2 tablespoons fresh mint, chopped
- ½ tablespoon Wildtree Zesty Lemon Oil
- ½ lemon, juiced

Preheat oven to 400°F. In a large bowl combine the zucchini, eggplant, 2 tablespoons Grapeseed Oil, and Lemon Pepper Blend. Transfer to a lightly greased baking sheet. Roast for about 20 minutes or until vegetables are tender and golden. Remove from oven and cool. In a medium nonstick skillet heat the remaining 1 tablespoon Grapeseed Oil over medium heat. Add the scallions and Mediterranean Dry Rub. Sauté for 1 minute. Add the barley and sauté for another minute. Add the prepared Bouillon. Bring mixture to a boil. Reduce heat, cover, and simmer 10-12 minutes. Remove lid and let the barley cool. Once the roasted vegetables and barley have cooled, transfer them to a large mixing bowl. Add the remaining ingredients and toss to combine.

Calories 280; Fat 15 g; Saturated Fat 1.5 g; Carbohydrate 34 g; Fiber 8 g; Protein 5 g; Cholesterol 0 mg; Sodium 550 mg



Shaved Brussels Sprouts & Chard Salad

Serves 4

- 1 ½ tablespoons shallot, minced
- 1 ½ tablespoons Dijon mustard
- 5 tablespoons Wildtree Zesty Lemon Grapeseed Oil
- 1 tablespoon Wildtree California Style Garlic Pepper Blend
- 1 pound Brussels sprouts
- 2 leaves chard
- ½ cup Parmesan, shredded
- ½ cup almonds, chopped, toasted (optional)

In the bottom of a mixing bowl, whisk together the shallot, Dijon, Lemon Grapeseed Oil, and California Pepper Blend. Remove the ends of the Brussels sprouts and the outer leaves. Slice the Brussels sprouts and chard leaves very thinly into ribbons. Add the slices to the bowl with the dressing along with the Parmesan cheese. Toss to coat the ingredients in the dressing. Top with toasted almonds, if desired.

Calories 330; Fat 27 g; Saturated Fat 4 g; Carbohydrate 16 g; Fiber 6 g; Protein 11 g; Cholesterol 10 mg; Sodium 840 mg



Fiesta Pasta Salad

Serves 4

- 1 (4 ounce) can diced green chilies
- 2 tablespoons fresh cilantro, chopped
- 1 clove garlic, minced
- 1 tablespoon Wildtree Natural Grapeseed Oil
- 1 tablespoon white wine (or white balsamic) vinegar
- 1 tablespoon Wildtree Chipotle Lime Rub
- 2 cups uncooked pasta, prepared according to package directions
- 1 (15.5 ounce) can black beans, drained and rinsed
- 1 (15.5 ounce) can corn, drained and rinsed
- 1½ cup diced cherry tomatoes
- 2 avocados, diced

In a bowl combine the chilies, cilantro, garlic, Grapeseed Oil, vinegar, and Chipotle Lime Rub. In a separate bowl combine the cooked pasta, black beans, corn, tomatoes, and avocado. Pour the dressing over the mixture and toss to combine. Serve chilled with queso fresco if desired.

Calories 360; Fat 31 g; Saturated Fat 1.5 g; Carbohydrate 54 g; Fiber 10 g; Protein 11 g; Cholesterol 0 mg; Sodium 520 mg

Tropical Shrimp Salad

Serves 4

- ½ cup Wildtree Sweet & Savory Pineapple Sauce
- ½ teaspoon fresh grated ginger
- 2 tablespoons rice vinegar
- 2 tablespoons Wildtree Natural Grapeseed Oil
- 2 teaspoons orange zest
- 1 pound cooked shrimp
- 2 oranges, segmented
- ¼ cup scallions, chopped
- 6 cups baby spinach
- Cracked black pepper

In a bowl whisk together the Pineapple Sauce, ginger, rice vinegar, Grapeseed Oil, and orange zest. In a separate bowl add the shrimp, oranges, and scallions. Add about half of the Pineapple dressing and toss the ingredients. In another separate bowl, add the remaining Pineapple dressing and the spinach. Season with black pepper. Toss to coat the spinach in dressing. Divide the spinach among 4 plates. Top with the shrimp and orange mixture.

Calories 250; Fat 11 g; Saturated Fat 1 g; Carbohydrate 15 g; Fiber 3 g; Protein 25 g; Cholesterol 170 mg; Sodium 240 mg





Vietnamese Summer Roll Salad

Serves 4

8 ounce udon noodles, prepared according to package directions
1 tablespoon Wildtree Natural Grapeseed Oil
2 shallots, thinly sliced
1 pound shrimp, peeled and deveined
 $\frac{2}{3}$ cup Wildtree Pad Thai Sauce
 $\frac{1}{4}$ cup rice vinegar
1 teaspoon fresh grated ginger
1 teaspoon crushed red pepper flakes
1 large cucumber, cut into matchstick pieces
2 large carrots, cut into matchstick pieces
1 cup bean sprouts
 $\frac{1}{4}$ cup fresh chopped basil
 $\frac{1}{4}$ cup cilantro
2 tablespoons mint
Lime wedges
Chopped peanuts (optional)

Prepare the udon noodles according to package directions; drain, rinse with cold water, and set aside. Heat the Grapeseed Oil in a nonstick skillet over medium heat. Add the shallots and shrimp. Cook until the shrimp are cooked through, about 3-4 minutes. Transfer to a plate or bowl to cool. Prepare dressing by whisking together the Pad Thai Sauce, rice vinegar, ginger, and red pepper flakes. Transfer udon noodles to a mixing bowl along with the cooked shrimp, cucumber, carrot, bean sprouts, basil, cilantro, and mint. Drizzle with dressing and toss to combine. Garnish with lime wedges and chopped peanuts, if desired.

Calories 440; Fat 8 g; Saturated Fat 1 g; Carbohydrate 57 g; Fiber 7 g; Protein 35 g; Cholesterol 170 mg; Sodium 710 mg