

Simple Summer Salad Recipes

German Potato Salad.

Cook small organic potatoes in chicken broth. Cut into bite size chunks. Add a splash of red wine vinegar and olive oil, a handful of finely chopped onions, sprinkle with dill and liberal amounts of freshly ground pepper and voila a refreshing salad to be had any time!

Coleslaw with Poppy Seed Dressing.

Buy prepackaged coleslaw mix and add poppy seed dressing (see dressings) which can be made ahead of time and keeps a long time in the fridge.

Fruit Salad with Yogurt.

Combine seasonal fruits such as apricots, peaches and grapes, add 1 tsp vanilla extract and a splash of hazelnut syrup and shredded coconut if desired. This will taste exceptional if all fruit is organic and folks will ask you what you put in it!

Greek salad

Combine tomatoes, cucumber, onions, goat cheese, and fresh basil sprinkled with olive oil and red wine vinegar - can be made very quickly.

Buy a **tzatziki dip** mix made by Canadian Herb and Spice Company, add cucumber and yogurt and you have a quick dip to take to the beach along with your favorite crackers.