

COOKSMARTS' GUIDE TO ENJOYING VEGETABLES

Here's your guide on how you can fill your diet with a whole variety of vegetables. Enjoy them in season for tastiest (and least expensive) results!

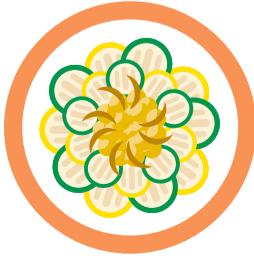
WAYS TO ENJOY



BEST IN

WINTER	SPRING	SUMMER	FALL
MICROWAVE	PURÉED SOUPS	SAUTÉ	STEAM
SAUTÉ	STEAM	ROAST	BOIL
STEAM	ROAST	BOIL	NOODLES
ROAST	BOIL	NOODLES	
ACORN SQUASH	ARTICHOKES	ARUGULA	ASPARAGUS
BRUSSELS SPROUTS	BUTTERNUT SQUASH	CABBAGE	CARROTS
CUCUMBER	EGGPLANT	ENDIVE	FENNEL
MUSTARD GREENS	OKRA	ONIONS	PARSNIPS
SNOW PEAS	SUGAR SNAP PEAS	SPAGHETTI SQUASH	SPINACH
BROCCOLI	BOK CHOY	BELL PEPPERS	BROCCOLI RABE
CORN	CHARD	COLLARDS	CELERY
MUSHROOMS	LEeks	LETTUCE / MIXED GREENS	
RUTABAGAS	RADISHES	RADIČCHIO	NEW / BABY POTATOES
ZUCCHINI / SUMMER SQUASH	TURNIPS	CHERRY / GRAPE TOMATOES	TOMATOES

13 SIMPLE SALADS FOR SUMMER



Summertime meals call for quick cooking and meals that are refreshing yet hearty. Take advantage of the summer bounty and serve these salads with grilled meats or as the main course.

SALAD KEY



DRESSING



BASE

INGREDIENTS

CITRUS VINAIGRETTE

$\frac{1}{4}$ bulb shallot, minced	$\frac{1}{2}$ tsp spices (paprika, cumin, coriander)
2 tbsp citrus juice (orange, lemon, lime, grapefruit)	2 tbsp red wine vinegar

1 tsp Dijon mustard	2 tsp Dijon mustard
2 tbsp yogurt	1 tsp honey
2 tbsp oil	2 tbsp oil

3 tbsp oil	Salt and pepper
	Salt and pepper

LEMON YOGURT DRESSING

1 clove garlic, crushed	1 clove garlic, crushed
2 1/4 tsp soy sauce	2 1/4 tsp lemon juice

2 1/4 tsp rice vinegar	1 tsp Dijon mustard
1/2 tsp brown sugar	2 tbsp yogurt
1/2 tsp toasted sesame oil	2 tbsp oil

2 1/2 tbsp oil
Salt and pepper

ASIAN VINAIGRETTE

1 1/2 tbsp vinegar (balsamic, apple cider, sherry, red wine)	1 clove garlic, crushed
2 1/4 tsp soy sauce	2 1/4 tsp lemon juice

2 1/4 tsp rice vinegar	1/2 tsp brown sugar
1/2 tsp toasted sesame oil	1/2 tsp toasted sesame oil

2 1/2 tbsp oil (cooking, avocado, grapeseed, olive)
Salt and pepper

BASIC VINAIGRETTE

1 1/2 tbsp vinegar (balsamic, apple cider, sherry, red wine)	1 clove garlic, crushed
2 tsp Dijon mustard	2 1/4 tsp lemon juice

2 1/2 tbsp oil (cooking, avocado, grapeseed, olive)	1/2 tsp brown sugar
1/2 tsp toasted sesame oil	1/2 tsp toasted sesame oil

2 1/2 tbsp oil (cooking, avocado, grapeseed, olive)
Salt and pepper

SPICED VINAIGRETTE

1/4 bulb shallot, minced	$\frac{1}{2}$ tsp spices (paprika, cumin, coriander)
2 tbsp red wine vinegar	2 tbsp red wine vinegar

1 tbsp red wine vinegar	2 tsp Dijon mustard
1 tsp Dijon mustard	1 tbsp honey

1 tsp honey	2 tbsp oil
3 tbsp oil	Salt and pepper

MIXED GREENS

Sherry Vinaigrette

Arugula

Fennel, Almonds

Strawberries, Fennel, Almonds

Peach, Corn, Cooked Farro, Goat Cheese, Fresh Basil, Almonds

Romaine Lettuce

Spiced Vinaigrette

Cherry Tomatoes, Corn, Shallot, Sunflower Seeds

Cooked Couscous, Tomatoes, Corn, Avocado, Green Onion, Jalapeño

Orange Vinaigrette

Jicama

Corn, Mango, Red Onion, Cilantro

Watermelon, Cucumber, Feta Cheese, Fresh Mint

ASIAN VINAIGRETTE

MIXED GREENS

Asian Vinaigrette

Grilled Summer Squash

Lemon Yogurt Dressing

Bell Peppers, Edamame, Mango, Fresh Basil, Sesame Seeds

Baby Spinach

Hard-boiled Eggs, Cherry Tomatoes, Cucumber, Kidney Beans

Shallot, Chickpeas, Parmesan Cheese

Orange Vinaigrette

Cooked Potatoes

Celery, Olives, Garlic, Jalapeño

Cherry Tomatoes, Cucumber, Kidney Beans

Spiced Vinaigrette

Arugula

Cherry Tomatoes, Corn, Shallot, Sunflower Seeds

Romaine Lettuce

Spiced Vinaigrette

Arugula

Cherry Tomatoes, Corn, Shallot, Sunflower Seeds

Cooked Couscous, Tomatoes, Corn, Avocado, Green Onion, Jalapeño

Orange Vinaigrette

Jicama

Corn, Mango, Red Onion, Cilantro

Watermelon, Cucumber, Feta Cheese, Fresh Mint

CITRUS VINAIGRETTE

MIXED GREENS

Asian Vinaigrette

Mixed Greens

Asian Vinaigrette

Mixed Greens

Asian Vinaigrette

11 SIMPLE SALADS FOR SPRING



With spring time comes fresh vegetables from the market, and the best way to experience their flavors is to keep these salads light and simple.

	SALAD KEY	DRESSING	BASE	INGREDIENTS	
1 ASIAN VINAIGRETTE					<p>CITRUS VINAIGRETTE</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> ½ bulb shallot, minced 2 tbsp citrus juice (orange, lemon, lime, grapefruit) 1 tbsp red wine vinegar 1 tsp Dijon mustard 2 tbsp oil Salt and pepper <p>DRESSING</p> <ul style="list-style-type: none"> ½ tsp spices (paprika, cumin, coriander) 2 tbsp red wine vinegar 2 tsp Dijon mustard 1 tbsp honey 2 tbsp oil Salt and pepper
2 LEMON YOGURT DRESSING					<p>SPICED VINAIGRETTE</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> 1 clove garlic, crushed 2 ¼ tsp soy sauce 2 ¼ tsp rice vinegar 2 tsp Dijon mustard 2 tsp sweetener (jam, sugar, honey, maple syrup) 2 tbsp oil (cooking, avocado, grapeseed, olive) Salt and pepper <p>DRESSING</p> <ul style="list-style-type: none"> 1 clove garlic, crushed 2 tbsp lemon juice 1 tsp Dijon mustard 2 tbsp yogurt 2 tbsp oil Salt and pepper
3 BASIC VINAIGRETTE					<p>CITRUS VINAIGRETTE</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> 1 ½ tbsp vinegar (balsamic, apple cider, sherry, red wine) 2 tsp Dijon mustard 2 tbsp sweetener (jam, sugar, honey, maple syrup) 2 ½ tbsp oil (cooking, avocado, grapeseed, olive) Salt and pepper <p>DRESSING</p> <ul style="list-style-type: none"> ½ bulb shallot, minced 2 tbsp citrus juice (orange, lemon, lime, grapefruit) 1 tbsp red wine vinegar 1 tsp Dijon mustard 2 tbsp oil Salt and pepper
4 Mixed Greens					<p>RED WINE VINAIGRETTE</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> Tomatoes, Cucumbers, Croutons <p>DRESSING</p> <ul style="list-style-type: none"> Red Wine Vinaigrette Mixed Greens
5 Asian Vinaigrette					<p>ASIAN VINAIGRETTE</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> Jicama, Shredded Carrot, Cherry Tomatoes, Cilantro <p>DRESSING</p> <ul style="list-style-type: none"> Asian Vinaigrette Green Leaf Lettuce
6 Asian Vinaigrette					<p>ASIAN VINAIGRETTE</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> Shredded Carrot, Bell Pepper, Bean Sprouts, Fresh Mint Leaves, Peanuts <p>DRESSING</p> <ul style="list-style-type: none"> Asian Vinaigrette Romaine Lettuce
7 Mixed Greens					<p>ASIAN VINAIGRETTE</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> Sliced Turkey, Avocado, Tomato, Bacon, Hard-Boiled Eggs, Bleu Cheese <p>DRESSING</p> <ul style="list-style-type: none"> Asian Vinaigrette Romaine Lettuce
8 Orange Vinaigrette					<p>ORANGE VINAIGRETTE</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> Rotisserie Chicken, Blueberries, Avocado, Feta Cheese <p>DRESSING</p> <ul style="list-style-type: none"> Orange Vinaigrette Mixed Greens
9 Mixed Greens					<p>ROASTED CAULIFLOWER</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> Garlic, White Beans, Green Olives, Lemon Zest <p>DRESSING</p> <ul style="list-style-type: none"> Spiced Vinaigrette Roasted Cauliflower
10 Romaine Lettuce					<p>ROMAINE LETTUCE</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> Cherry Tomatoes, Red Onion, Kalamata Olives, Feta Cheese, Fresh Dill <p>DRESSING</p> <ul style="list-style-type: none"> Romaine Lettuce Red Wine Vinaigrette
11 Shredded Mexican Cheese, Cilantro					<p>SHREDDED MEXICAN CHEESE, CILANTRO</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> Black Beans, Avocado, Shredded Mexican Cheese, Cilantro <p>DRESSING</p> <ul style="list-style-type: none"> Spiced Vinaigrette Sautéed Vegetables (Asparagus, Sugar Snap Peas)

12 SIMPLE SALADS FOR AUTUMN



Fall fruits and vegetables are heartier than summer produce, so they can be roasted and caramelized for healthy, flavorful salads that will keep you warm all season long.

	SALAD KEY	SPICED VINAIGRETTE	CITRUS VINAIGRETTE	LEMON YOGURT DRESSING	ASIAN VINAIGRETTE	BASIC VINAIGRETTE	
1	DRESSING			BASE	INGREDIENTS		3
2							4
		Balsamic Vinaigrette	Balsamic Vinaigrette	Lemon Yogurt Dressing	Asian Vinaigrette	Sherry Vinaigrette	Spiced Vinaigrette
		Arugula	Baby Spinach	Baby Spinach	Butter Lettuce	Mixed Greens	Romaine Lettuce
		Roasted Beets, Cooked Lentils, Goat Cheese, Walnuts	Clementines, Apple, Pecans	Pear, Gorgonzola, Walnuts	Roasted Tofu, Apple, Dried Cranberries, Sunflower Seeds	Pear, Golden Raisins, Almonds, Croutons	Mushrooms, Green Olives, Tomatoes, Avocado, Cilantro
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11							
12							