

Audience: The audience for these recipe instructions is composed of women and men, mostly teenaged or older, who have adequate understanding of English to follow the instructions, and adequate income to buy the tools and ingredients. Their level of cooking experience can be novice to expert. All have basic to advanced ability to follow instructions. These recipe instructions were written to enable even beginning cooks to produce a good result.

Recipe: Monterey Salad with Vinaigrette Dressing

Plan Your Time

Check your tools, supplies and ingredients 3 days before you make the salad. Shop for your ingredients the day before your lunch. Allow 1-1/2 hours to make the salad.

Check Your Kitchen Tools

You will need the following kitchen tools or workable alternatives.

- Can opener
- Lemon juicer
- Vegetable brush
- Vegetable peeler
- Measuring cup for liquids
- Measuring cups for dry ingredients
- Measuring spoons
- Whisk, fork, or blender
- Vegetable paring knife
- Vegetable slicing knife
- Cutting board
- Colander (mesh or pierced bowl for draining foods)
- Jar with a screw-top lid, quart size
- Paper towels
- Plastic cling wrap or aluminum foil
- Bowls to refrigerate ingredients, medium size
- Salad bowl, large (8-10 quart)
- Salad tongs or serving forks

Shop for the Ingredients

Buy the ingredients the day before your lunch. For the best tasting salad, buy the freshest, best quality ingredients you can afford. You will need:

Monterey Salad:

8 large eggs
1/2 can of pitted green or black olives
1 can of cooked garbanzo beans
1 basket of ripe cherry tomatoes
4 large radishes
1 medium Bell pepper
1 medium cucumber
1 head of romaine lettuce
1/4 cup of dried cranberries
1/4 cup of walnut halves

Vinaigrette Dressing:

white wine vinegar
3 lemons
Salt
dried dill weed
garlic powder (not garlic salt)
Dijon mustard
extra virgin olive oil

Hard Cook the Eggs

Put 8 fresh eggs into a 3-4 quart saucepan. Fill the pan with cold water to 1 inch above the tops of the eggs. Cover the pan and turn the burner on to medium heat. When the water comes to a full rolling boil, turn the burner off. Let the covered pan sit for 10 minutes. Open the pot cover carefully to avoid burns from escaping steam. Carefully drain the hot water into the sink. Rinse the eggs under cold running water for 2 minutes. This will help the peel come off easily, without sticking to the eggs. Drain and refrigerate the eggs for 1 hour. You will peel and halve them after the salad is assembled, in the section entitled *Dress, Garnish, and Serve*, below.

Make the Dressing

Cut the lemons in half. Use the lemon juicer Squeeze to squeeze 1/4 cup of lemon juice. Pick out the seeds with a spoon. Measure and combine the following ingredients in a mixing bowl or blender jar. If using a fork or whisk, beat with a rotary motion for 30 seconds. If using a blender, whirl on medium power for 10 seconds.

1/4 cup of white wine vinegar

1/4 cup of fresh lemon juice

1 teaspoon of garlic powder

2 teaspoons of salt

1 tablespoon of dill weed

1 tablespoon of Dijon mustard

Then add 1/2 cup of extra virgin olive oil to the mixture and beat or blend until smooth. Pour the dressing into a jar. Cover tightly and refrigerate until needed.

Prepare the Beans

Open the can of beans with a can opener. Put the beans into a colander to drain the liquid. Rinse the beans under cold running water to remove the remaining liquid. Drain the beans again. Put the beans into a small bowl. Shake the bottle of salad dressing until the ingredients are recombined. Measure 1/3 cup of salad dressing and add it to the beans. Stir to coat all of the beans. Cover the bowl and store in the refrigerator until it is time to assemble the salad.

Prepare the Vegetables and Assemble the Salad

Romaine Lettuce

Cut off the stem end of the lettuce head. Tear off and discard bruised leaf parts. Put the healthy leaves in the colander. Rinse them under cold running water. Drain the lettuce well. Pat the leaves dry with paper towels. Tear them into 2 inch pieces. Fill the salad bowl 2/3 full with torn lettuce.

Radishes

Use the paring knife to cut the stems and leaves off of the radishes. Wash the radishes under cold running water. Scrub gently with a vegetable brush to remove all dirt. Pat them dry with paper towels. Trim away the root tip. Cut the radishes into 1/4 inch thick slices. Layer the slices over the lettuce in the salad bowl.

Cucumber

Wash the cucumber under cold running water. Dry it with a paper towel. Peel the skin off with the vegetable peeler. Use the slicing knife to cut the cucumber into 1/4 inch slices. Layer the cucumber over the radishes in the salad bowl.

Green Pepper

Wash the green pepper under cold running water. Pat it dry with a paper towel. Cut all the way around the stem with the tip of the paring knife. Pull the stem out, along with the white pithy core. Slice the pepper in half from stem to tip. Slice away the white pith and seeds along the inside ribs. Rinse out the remaining seeds. Pat the pepper halves dry with paper towels. Discard the ribs, seeds and stem. Slice the green pepper halves into 1/2 inch strips, from stem to tip. Layer the pepper strips on top of the cucumber in the salad bowl.

Beans

Stir the beans to coat them with dressing. Layer the beans over the green pepper strips.

Cherry Tomatoes

Remove and discard the cherry tomato stems. Rinse the tomatoes under cold running water. Gently rub off any dirt. Drain the tomatoes well. Pat them dry with paper towels. Add them to the salad on top of the beans.

Refrigerate Until Lunch

Cover the salad bowl with plastic wrap and refrigerate until 15 minutes before it is time to serve.

Dress the Salad

Shake the dressing well and pour half of it evenly over the salad. Toss with salad tongs or forks to distribute the dressing well. If you like more dressing, add it and toss the salad again.

Garnish, Serve, and Enjoy

Open the can of olives. Spoon half of them into the colander to drain. Peel the hard cooked eggs. Rinse them under cold running water to remove remaining bits of shell. Pat them dry with paper towels. Slice the eggs into halves. Arrange the eggs on top of the dressed salad. Sprinkle the olives, walnut halves and dried cranberries over the top of the salad. Serve and enjoy.