

## **Lemon Curry Chicken Salad**

1-1/2 teaspoons lemon juice  
1 to 2 teaspoons curry powder  
1-1/2 cups of Hellman's Mayonnaise  
4 cups cubed, cooked chicken (made by poaching 2 lb. boneless, skinless breasts)  
1 cup finely chopped celery  
6 oz. can of sliced black olives

Stir the lemon juice and curry powder into the mayonnaise until well mixed.

Combine the cooked chicken, celery, and olives together in a bowl and add the dressing mixture until all ingredients are well blended together.

Chill at least 4 hours before serving.

Makes about 6 cups.

## **Tomato Soup**

1 Tablespoon olive oil	1 teaspoon dried dill
1 cup finely chopped onion	1/2 teaspoon fennel
1/4 cup diced celery	1 teaspoon salt
2 large garlic cloves, minced	1/4 teaspoon black pepper
1 cup peeled and diced carrots	14 oz can chopped tomatoes
3 cups vegetable stock	1/4 cup rice

In olive oil, sauté onion, celery, garlic, and carrots in a large pot.

Add vegetable stock, dill, fennel, salt and pepper. Bring to a boil, then reduce the heat, cover and simmer gently for about 5 minutes.

Stir in the tomatoes and their juice. Add the rice and mix well. Return to boil and simmer covered for 15 minutes, or until the rice is tender.

Makes 6 cups.

# Kale Quinoa Salad

*Based on a recipe by Chef Mike Rago of St. Paul's, Mt. Lebanon*

**Please note:** Read instructions through carefully. For best results, preparation starts one to two days ahead.

## Dressing:

1/2 cup extra virgin olive oil

1/2 cup lemon juice

1/4 cup maple syrup

1/2 teaspoon salt

1/4 teaspoon pepper

Dash cayenne pepper

3/4 to 1 lb. Kale (washed and sliced into pieces, with large stem pieces removed)

3/4 cup dry quinoa (red preferred)

1 large avocado, diced

4 to 6 oz. Chevre (goat cheese)

1 cup cherry or grape tomatoes

3/4 to 1 cup dried cranberries (Craisins)

1/4 cup shelled pistachio nuts

1/4 cup chopped plain or spicy-sweet pecans\*

1/2 cup pumpkin seeds

For dressing, whisk together olive oil, lemon juice and maple syrup. Add salt, pepper and cayenne pepper to taste. Let sit in refrigerator several hours to overnight. Whisk to recombine ingredients before pouring over kale or finished salad before serving.

Purchase or prepare kale as noted above. If desired, kale may be blanched to increase tenderness. Pour about half of the dressing mixture over kale and massage it into the cleaned, cut pieces of kale one day before the salad will be served.

Prepare quinoa according to package directions and mix into the dressed kale while still warm. This will also help to tenderize the kale. At this point the dressed kale/quinoa mixture may be refrigerated for several hours or overnight before final assembly.

Final assembly of salad: Fold diced avocado into kale/quinoa mixture. Cut Chevre into small chunks and fold in. Mix in tomatoes and dried cranberries. Combine the nuts and seeds and add into the salad or spoon over the top. Add additional dressing if desired or serve on the side. Salad will keep for a few days if refrigerated. Makes 6 to 8 servings.

*\*For the Jeremiah's Place Baby Shower, the pecans were prepared using the "Sweet and Spicy Toasted Pecans" recipe from the Whole Foods website at [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com).*