

# SALAD SEASONS

VEGETABLE-FORWARD DISHES ALL YEAR



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RIZZOLI  
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# Spring

There's a jolt of excitement that comes with spring's first crops. Bundles of asparagus and stained baskets of strawberries signify we've made it through another long winter and sunnier days are ahead. Verdant green is the color of the season, whether it's in the form of tender young lettuces, juicy snap peas, or soft carrot tops. After months of warming up with heavier fare, it feels good to shed some of the bulk and cook a little lighter.



# Arugula Salad with Whole-Lemon Vinaigrette

SERVES 4

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¼ cup sliced raw almonds, divided  
 1 small lemon  
 1 clove garlic, peeled  
 1 teaspoon honey  
 Kosher salt  
 Freshly ground black pepper  
 ¼ cup extra-virgin olive oil  
 5 ounces arugula (about 5 packed cups)

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**NOTES:** No food processor? You can still make this vinaigrette by chopping the lemon and almonds by hand. The end result will be a bit rougher in texture but still delicious.

Store leftover vinaigrette right in its jar in the refrigerator for up to a week. I love spooning it on salmon, shrimp, white fish like cod or halibut, or chicken before baking in the oven, where it transforms into a bright and cheerful sauce.

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The thought of using an entire lemon—flesh, peel, and all—might sound nothing short of crazy, but it’s no-waste brilliance at its very best. Not only are you throwing away half of the citrus fruit when you simply squeeze out its juice and toss the spent halves, you’re missing out on big flavor, too. The vibrant peel, bitter pith, and lip-puckering flesh are bold elements that, when combined with buttery almonds, a touch of sweet honey, and a generous glug of olive oil, make for a complex vinaigrette that’s unlike anything you’ve had before. It’s the perfect counterpart for just about any type of lettuce, but it’s especially lovely with arugula because it balances the greens’ peppery bite.

**ARRANGE A RACK** in the middle of the oven and heat the oven to 350°F.

Spread the almonds out on a baking sheet and toast in the oven, stirring halfway through, until lightly golden, about 5 minutes. Let cool for 5 minutes.

Trim the stem end off the lemon, cut the lemon into quarters, and remove any seeds. Transfer to a food processor fitted with the blade attachment and pulse until roughly chopped, about 15 pulses (see Note). Take a peek to see if you missed any seeds, and if so, remove them with a spoon.

Add half of the almonds, the garlic, honey, a generous pinch of salt, and several grinds of pepper. Pulse until the lemon and almonds are finely chopped, scraping down the sides of the food processor as needed, about 30 pulses more.

Transfer the lemon and almond mixture to an airtight jar or container. Add the olive oil, seal the jar, and shake to combine and emulsify.

Place the arugula in a large salad bowl, drizzle with half the vinaigrette, and toss to combine. Add more vinaigrette, if desired, a spoonful at a time, until the salad is dressed to your liking. Taste and season with additional salt and pepper as needed. Sprinkle with the remaining toasted almonds.



# Scorched Sugar Snap and Burrata Salad

SERVES 4

3 tablespoons extra-virgin olive oil, divided, plus more for serving

½ medium red onion, thinly sliced

Kosher salt

Freshly ground black pepper

1 pound sugar snap peas, tough strings removed

Juice of 1 lemon (3 tablespoons)

¼ cup loosely packed chopped fresh mint leaves

1 teaspoon ground sumac, plus more for serving

1 (8-ounce) ball or 2 (4-ounce) balls burrata cheese

Flaky sea salt, for serving

I am not quite sure why, but sugar snap peas delight me. Yes, you might be rolling your eyes right now (I know my husband, Joe, surely would be), but bear with me. Sugar snaps are a fleeting spring vegetable that really signal the season, as they're hard to find outside of it, and even if you manage it, they're just never as sweet. Their juicy crunch is a welcome respite after bulkier winter vegetables. I let sugar snaps lead in this salad by simply searing them in a hot skillet and tossing them in a lemony vinaigrette. They're paired with a creamy ball of burrata to round out the meal.

**HEAT 2 TABLESPOONS** of the olive oil in a large cast-iron or other heavy-bottomed skillet over medium-high heat until shimmering. Add the red onion, season with a generous pinch of kosher salt and a few grinds of pepper, and cook, stirring occasionally, until softened and lightly browned in spots, 3 to 4 minutes. Transfer to a large bowl.

Add the snap peas to the skillet in a single layer and cook, undisturbed, until charred in spots on the bottom, 2 to 4 minutes. Season with a generous pinch of kosher salt and several grinds of pepper and stir. Continue to cook, stirring occasionally, until crisp-tender and lightly browned in spots all over, about 2 minutes more. Transfer to the bowl of red onion.

Add the remaining 1 tablespoon olive oil, the lemon juice, mint, and sumac to the bowl, then toss to combine. Taste and season with additional kosher salt and pepper, as needed.

Place the burrata in the center of a serving platter and spoon the snap pea mixture around the burrata. Drizzle with a little more olive oil and sprinkle with a little more sumac and a few pinches of flaky sea salt.



# Warm Spinach-Artichoke Salad with Quinoa Crunchies

SERVES 4

1/2 cup quinoa

3/4 cup water

Kosher salt

2 (12-ounce) jars  
marinated quartered  
artichoke hearts, drained

2 tablespoons extra-  
virgin olive oil, plus more  
for serving

Freshly ground black  
pepper

5 ounces baby spinach  
(about 5 packed cups)

Juice of 1/2 medium lemon  
(about 1 1/2 tablespoons)

3 ounces feta cheese,  
crumbled (about 3/4 cup)

2 scallions (white and  
green parts), thinly sliced

While it's hard to beat the flavor and texture of fresh spring artichokes, they're a bit tedious to work with and they're not always readily available. That means I often rely on jarred artichokes when I want my fix. It's a shortcut with an added benefit: When you drain a jar of marinated artichoke hearts and roast them, they brown and crisp at the edges beautifully. Toss them with tender baby spinach leaves and top the mix with crunchy toasted quinoa, scallions, and feta crumbles for a light yet warming bowl.

**ARRANGE 2 RACKS** to divide the oven into thirds and heat the oven to 450°F.

Place the quinoa in a fine-mesh strainer and rinse well. Transfer the quinoa to a small saucepan, add the water and 1/4 teaspoon salt, and bring to a boil over high heat. Reduce the heat to low, cover, and simmer until the quinoa is tender and all the liquid is absorbed, about 15 minutes. Uncover and fluff with a fork. Taste and season with additional salt as needed. Transfer the quinoa to a rimmed baking sheet, spread into an even layer, and refrigerate to cool while you roast the artichokes.

Meanwhile, place the artichokes on a rimmed baking sheet, toss with the olive oil, 1/4 teaspoon salt, and several grinds of pepper, and spread into a single layer. Roast on the bottom rack, tossing halfway through, until browned, 18 to 20 minutes. Remove from the oven and immediately scatter the baby spinach over the roasted artichokes to very lightly wilt while you toast the quinoa. Switch the oven to broil on high.

Use your fingers to break up any large clumps of quinoa, ensuring it's spread into a single layer. Transfer the baking sheet of quinoa to the top rack and broil, tossing frequently, until the quinoa is browned and crispy, 5 to 7 minutes.

Gently toss the vegetables with the lemon juice, a generous pinch of salt, and several grinds of pepper on the baking sheet. Taste and season with additional salt and pepper as needed. Divide among 4 individual plates or shallow bowls. Sprinkle with quinoa crunchies, feta, and scallions and drizzle with olive oil.



# Summer

This abundant season hardly needs an introduction. Truthfully, it's a bit of a show-off.

Head to the farmers market midsummer and you're greeted by a rainbow of colors, all vying for your attention. Between curiously shaped heirloom tomatoes, taut eggplant and zucchini, and fuzzy peaches, you're sure to head home with a heavy load. Tossing together a salad is almost a no-brainer this time of year. It's easy to eat well when so much great produce is at your disposal. With the grill, oven (if you're willing to turn it on), stovetop, and often just a cutting board and sharp knife, you can have even more fun than you might expect.



# Cherry Tomato Salad with Knife Pesto Vinaigrette

SERVES 4

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1 small clove garlic,  
smashed and peeled

1 cup packed fresh basil  
leaves

2 tablespoons roasted  
and lightly salted shelled  
pistachios

3 tablespoons extra-  
virgin olive oil

2 tablespoons white  
wine vinegar

2 tablespoons freshly  
grated Parmesan cheese

Freshly ground black  
pepper

2 pints cherry or grape  
tomatoes (about 4 cups),  
preferably multicolored,  
halved

Kosher salt

While I am the first to say the food processor is what I reach for most when making pesto, true pesto is actually made with a mortar and pestle or, better yet, a mezzaluna. This curved, crescent moon-shaped knife has a handle on each end and rocks back and forth over whatever you're chopping. I don't own a mezzaluna, but a sharp chef's knife works similarly to achieve a wonderfully rustic, texture-rich pesto that isn't over blended. Knife pesto, as I like to call it, is also a great option when you're making just a small batch. I happen to think all the chopping is pretty cathartic, too.

**ROUGHLY CHOP THE** garlic clove. Pile the basil leaves and pistachios on top of the chopped garlic and finely chop altogether. Transfer the mixture to a large bowl.

Stir in the olive oil, vinegar, Parmesan, and a few grinds of pepper. Add the tomatoes and toss to coat. Taste and season with salt and additional pepper as needed.



# Grilled BLT Chopped Wedge

SERVES 4

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¼ cup mayonnaise

¼ cup sour cream

2 tablespoons extra-virgin olive oil, plus more for grilling the lettuce

2 tablespoons finely chopped fresh chives

Juice of ½ lemon  
(about 1½ tablespoons)

1 teaspoon Dijon mustard

Kosher salt

Freshly ground black pepper

8 slices bacon  
(about 8 ounces)

1 medium head iceberg lettuce (about 1½ pounds), outer leaves removed, head quartered through the core

1 pint cherry or grape tomatoes (about 2 cups), halved

1 medium avocado, pitted, peeled, and diced

I wait all year for a peak-summer BLT. When tomatoes are at their sweetest and juiciest, it just doesn't really get much better. This mash-up of the sandwich and a classic wedge salad allows for you not to have to wait until mid-August for the best tomatoes, since cherry tomatoes come into their own much earlier in the season and are also quite serviceable off-season. (The Burst Cherry Tomato and Garlic Bread Caprese on page 185 is proof.) Here, chopped grilled lettuce, crispy bacon, creamy chive dressing, and, for good measure, diced avocado, tie the BLT vibes all together.

**HEAT HALF OF** an outdoor grill for medium-high direct heat. Place a large cast-iron skillet on the direct-heat side of the grill to preheat.

Meanwhile, stir together the mayonnaise, sour cream, olive oil, chives, lemon juice, Dijon, a generous pinch of salt, and several grinds of pepper in a small bowl.

When the grill is hot, place as many bacon slices as will fit in a single layer in the cast-iron skillet. Grill, covered, until deep golden brown underneath, 5 to 8 minutes. Flip and continue to grill, covered, until crispy, 2 to 4 minutes more. Use tongs to transfer the bacon to a paper towel-lined plate. Repeat with the remaining bacon, then carefully transfer the empty skillet to the cool half of the grill to cool down while you grill the lettuce.

Brush the cut sides of the iceberg wedges with olive oil and season all over with salt and pepper. Grill, uncovered, until the edges are browned and grill marks appear, 1 to 2 minutes. Turn to brown the other cut side, 1 to 2 minutes more.

Coarsely chop the iceberg wedges, place in a large bowl, and toss with half of the dressing. Chop the bacon into bite-sized pieces and add to the bowl, along with the cherry tomatoes. Toss together. Taste and season with additional salt and pepper as needed. Divide among 4 shallow bowls or plates and top with the avocado. Drizzle with the remaining dressing, if desired, and garnish with several more grinds of pepper.



# Tangy Three-Bean Salad with Olives and Herbs

SERVES 4 TO 6

Kosher salt

8 ounces green beans,  
trimmed and cut into  
1-inch pieces on the bias

¼ cup apple cider vinegar

3 tablespoons extra-  
virgin olive oil

1 tablespoon Dijon  
mustard

1 teaspoon honey

Freshly ground black  
pepper

2 (15-ounce) cans  
chickpeas, drained and  
rinsed

1 (15-ounce) can white  
beans, drained and rinsed

1 cup pitted Kalamata  
olives, halved

½ cup loosely packed  
chopped fresh cilantro

½ cup loosely packed  
chopped fresh parsley

2 tablespoons chopped  
fresh mint leaves

Three-bean salad is good old retro American summer fare but truthfully, I could really do without the kidney beans that typically make up part of the equation. They just never seem to soak up the dressing quite as well as the others. So, here's my own interpretation, with white beans taking the place of red beans; they're creamier, and their thinner skin absorbs so much more flavor. A honey-Dijon dressing lends sweetness, which is countered by a generous handful of salty Kalamata olives and lots of chopped fresh herbs. While three-bean salad is typically served as a side dish, it's absolutely packed with enough protein to hold its own as a main.

**BRING A MEDIUM** saucepan of salted water to a boil over high heat. Meanwhile, fill a medium bowl with ice and water.

Add the green beans to the boiling water and cook until they are vibrant green and crisp-tender, about 2 minutes. Transfer the green beans to the ice bath with a slotted spoon and chill while you make the dressing.

Whisk together the vinegar, olive oil, Dijon, honey, a couple generous pinches of salt, and several grinds of pepper in a large bowl until combined and emulsified.

Remove the green beans from the ice bath, pat dry, and add them to the bowl of dressing. Add the chickpeas, white beans, and olives. Toss well to combine. Taste and season with additional salt and pepper as needed, then stir in the cilantro, parsley, and mint.