

TERESA'S SELECT RECIPES™



Recipe
Collection

Prep Time: 10 min.
Cook Time: 10 min.
Serves: 6

Grilled Corn on the Cob

**½ cup Teresa's Select Recipes®
Asiago Pepper Crème Salad
Dressing, divided**

**6 ears corn on the cob, silk
removed, leaving husks intact**

1 tbsp. olive oil

2 tbsp. grated Asiago cheese

2 tbsp. chopped chives

Pepper, to taste

Prepare a grill to medium heat.
Pull husks back from corn. Brush
corn with oil. Place corn on grill
racks and cook 2 to 4 minutes
turning frequently. Brush ears with
¼ cup Teresa's Select Recipes®
**Asiago Pepper Crème Salad
Dressing.**

Continue to grill for an additional 3 to 4 minutes until corn is cooked.
Remove corn from grill and brush each ear with remaining **Teresa's Select Recipes®
Asiago Pepper Crème Salad Dressing.** Sprinkle with cheese, chives and pepper and serve.



Prep Time: 20 min.
Serves: 4

Fried Chicken Salad

**½ cup Teresa's Select
Recipes® Fat Free
Honey Dijon Salad
Dressing**

**8 oz. Romaine
lettuce, chopped**

**12 fried chicken
tenders, warm
or cold**

**1 cup cooked
corn kernels**

**2 tomatoes cut
into wedges**

**3 oz. white cheddar,
peels or shredded**



Arrange romaine lettuce on a large plate or platter. Place chicken on top of lettuce. Top with corn, tomatoes and cheese. Pour **Teresa's Select Recipes® Fat Free Honey Dijon Salad Dressing** over all and serve.

Prep Time: 15 min.
Cook Time: 12 min.
Serves: 4

Pan Seared Fish with Blackberries

**¾ cup Teresa's Select
Recipes® Blackberry
Poppyseed Vinaigrette, divided**

2 tbsp. olive oil

**Four 6 oz. pieces halibut, turbot
or sea bass**

Salt and pepper, to taste

1 lb. fresh asparagus, trimmed

**One 5 oz. bag favorite
salad greens**

2 tbsp. chopped pistachio

2 tbsp. chopped parsley

1 cup fresh blackberries

Heat oil in a large skillet over medium high heat. Season fish with salt and pepper, place fish in skillet and cook for 3 to 4 minutes per side or until fish is crispy and light golden brown.

Transfer fish to a plate. While fish is cooking, bring a pot of water to a boil and cook asparagus for 2 minutes or just until tender (time will depend on size of spears). Drain.

In a bowl combine salad greens with ½ cup **Teresa's Select Recipes® Blackberry Poppyseed Vinaigrette** and gently toss. Season with salt and pepper. Place greens on plates, layer with warm asparagus and top each with a piece of fish. Sprinkle all with pistachios, parsley and blackberries. Drizzle with remaining vinaigrette. Serve.



Prep Time: 23 min.
Serves: 4

Cucumber Boats



1/3 cup Teresa's Select Recipes® Sun Dried Tomato Vinaigrette, plus extra for drizzling

1/2 cup diced zucchini

2 scallions, chopped

1/4 cup shredded carrots

1/4 cup diced red pepper

1 tbsp. chopped parsley

1 tbsp. chopped fresh basil

Salt and pepper, to taste

4 small cucumbers or 2 English cucumbers

1/4 cup crumbled feta cheese

2 tbsp. toasted pine nuts

In a mixing bowl, combine zucchini, scallions, carrots, peppers, parsley, basil, salt and pepper. Add **Teresa's Select Recipes® Sun Dried Tomato Vinaigrette** and toss to combine. Cut cucumbers lengthwise (if using English cucumbers, halve lengthwise and then cut each half to make eight pieces total). Scoop out center of each piece using a small spoon to create "boats". Spoon filling into cucumber boats and drizzle with additional dressing. Top with cheese and nuts. Serve.

Prep Time: 25 min.
Cook Time: 10 min.
Serves: 4-6

Asian Ginger Shrimp with Mango Pepper Salad

¾ cup Teresa's Select Recipes® Asian Ginger Salad Dressing, divided

1 lb. large shrimp, shelled and deveined

Salt and pepper, to taste

1 mango, cut into thin strips

1 red bell pepper, cut into thin strips

1 yellow bell pepper, cut into thin strips

½ bunch cilantro, coarsely chopped

3 scallions cut into thin strips

Prepare grill to medium high heat. Place shrimp in a shallow bowl and coat them with 1/2 cup **Teresa's Select Recipes® Asian Ginger Salad Dressing** and season with salt and pepper. Cover and refrigerate 15 to 20 minutes. In a bowl combine mango, pepper strips, cilantro and scallions; add

Teresa's Select Recipes® Asian Ginger Salad Dressing and gently toss.

Oil grill grate, arrange shrimp on hot grill and cook about 5 to 7 minutes, turning once during cooking process.

(Cooking time may vary depending upon size of shrimp.)

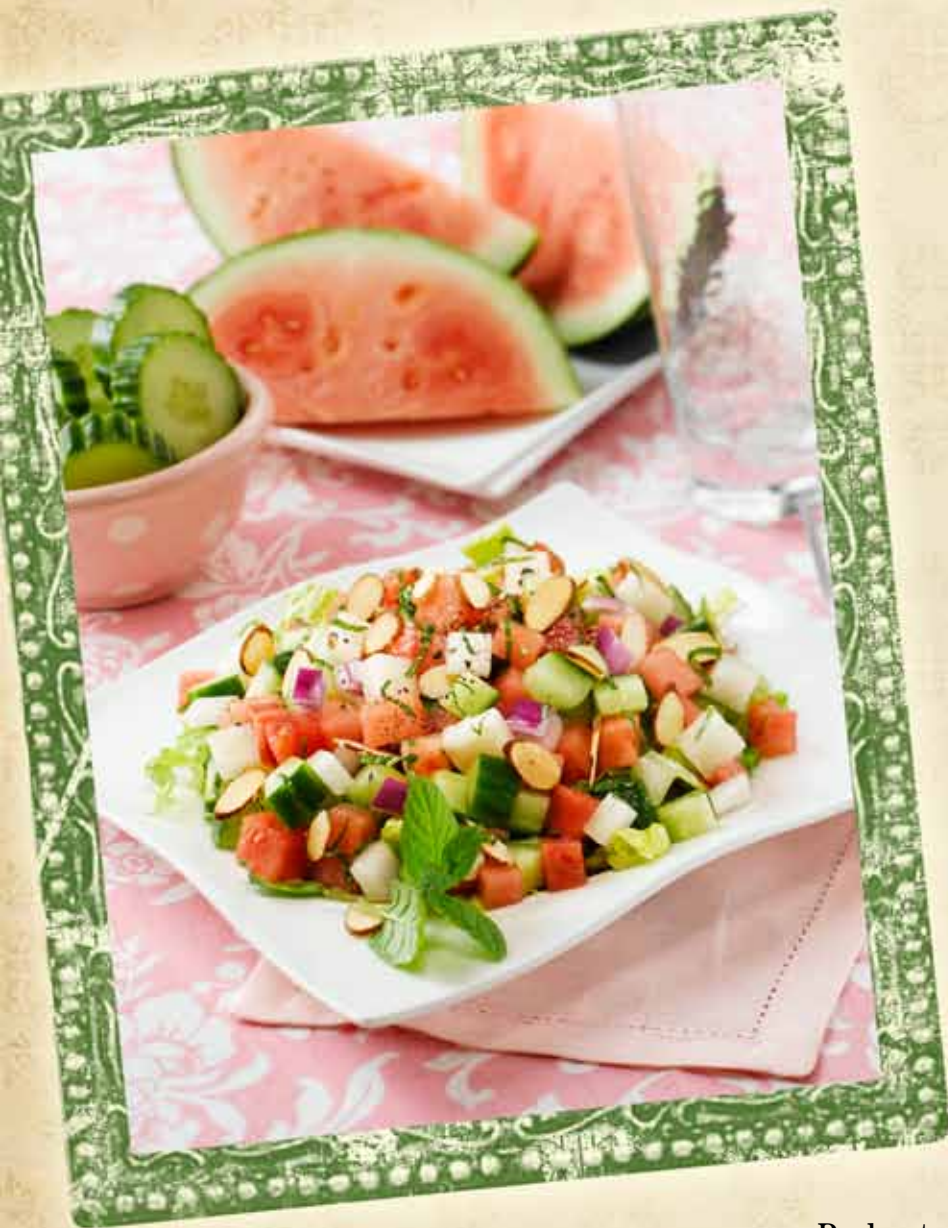
Shrimp should curl and no longer look translucent.

Serve grilled shrimp with mango pepper salad.



Cucumber Melon Salad

Prep Time: 30 min.
Cook Time: 7 min.
Serves: 6-8



**½ cup Teresa's Select
Recipes® Melon
Cucumber Vinaigrette**

⅓ cup sliced almonds

**5 oz. chopped romaine
lettuce**

1 cup diced watermelon

1 cup diced cucumber

½ cup diced jicama

2 tbsp. minced red onion

**1 to 2 tbsp. minced
fresh mint**

**Salt and pepper,
to taste**

Preheat oven to 350 degrees F. Place almonds on a baking sheet and toast 5 to 7 minutes or until almonds are golden brown. Cool. In a bowl combine romaine lettuce, watermelon, cucumber, jicama, red onion, mint, salt and pepper. Pour **Teresa's Select Recipes® Melon Cucumber Vinaigrette** overall and gently toss. Sprinkle with almonds and serve.

Prep Time: 15 min.
Cook Time: 2-3 min.
Serves: 6

Spring Greens with Brie Toasts

**½ cup Teresa's Select Recipes®
Blueberry Pomegranate Vinaigrette**

12 slices French bread

Olive oil

Salt and pepper to taste

**6 to 8 oz. Brie, cut into
12 wedges**

5 oz. mixed salad greens

1 cup fresh blueberries

½ cup diced green apples

½ cup pistachios

**¼ cup pomegranate seeds
or dried cranberries**

Preheat oven to broil and place
oven rack into a middle position.

Arrange bread on a baking sheet; brush
each piece with olive oil and sprinkle
with salt and pepper. Arrange cheese on each slice of bread.

Place bread in oven for 1 to 2 minutes, or until cheese melts. (Watch cheese toasts entire time they are in oven.) Remove from oven.

In a bowl combine **Teresa's Select Recipes® Blueberry Pomegranate Vinaigrette** with remaining ingredients and gently toss. Serve each salad with cheese toasts.



Prep Time: 20 min.
Serves: 8-10

Confetti Rice Salad



**½ cup Teresa's
Select Recipes®
White Balsamic
Raspberry
Vinaigrette**

**4 cups cooked
brown rice**

**⅓ cup dried
cranberries**

**4 scallions,
chopped**

**1 cup shredded
carrots**

**1 cup chopped
celery**

**1 medium zucchini,
cut into thin strips**

**Salt and pepper,
to taste**

Combine all ingredients in a bowl, add **Teresa's Select Recipes® White Balsamic Raspberry Vinaigrette** and gently toss together. Serve.

Prep Time: 10 min.
Serves: 4

Mixed Berry Salad

**½ cup Teresa's
Select Recipes®
Berry Lavender
Vinaigrette**

**5 oz. mixed red
and green baby
romaine lettuce**

**½ cup slivered
sweet onions**

**¼ cup crumbled
feta cheese**

1 cup blueberries

1 cup raspberries

In a bowl, combine lettuce,
onions and cheese and gently
toss. Pour **Teresa's Berry
Lavender Vinaigrette** overall

and gently toss. Add berries and toss once or twice just to coat berries with vinaigrette. Serve.



Prep Time: 20 min.
Cook Time: 7 min.
Serves: 4

Escarole Salad



**½ cup Teresa's
Select Recipes®
Sweet Vidalia®
Onion Vinaigrette**

½ cup walnuts

**5 cups torn escarole
or favorite green
lettuce**

1 cup sliced celery

**⅓ cup pitted green
olives, slivered**

¼ cup golden raisins

**Salt and pepper,
to taste**

Preheat oven to 350 degrees F. Place walnuts on sheet pan and toast for 5 to 7 minutes. Cool and chop.

In a mixing bowl, combine lettuce, celery, olives, raisins and walnuts. Add **Teresa's Select Recipes® Sweet Vidalia® Onion Vinaigrette** and gently toss together. Season with salt and pepper. Serve.