

**SALAD
SHORTCUT**

No time for pomegranate pummeling? Toss on a handful of dried cranberries instead.

Winter Greens

Colder weather doesn't have to mean the end of your salad days. These hearty recipes will let you make the most of what's in season now.

By Joy Manning



As the days grow shorter, summer produce becomes a memory rather than a meal plan. And salads tend to slip off the menu just when we need them most to balance out indulgent holiday dinners and to load up on nutrients that are easy to miss during the cooler months. But with crisp cold-weather greens and robust members of the cabbage family to serve as a base, and a fresh harvest of root veggies, nuts, and savory mushrooms for toppers, salads can play a starring role at your table no matter what the calendar says.

Super Soaker

Bold winter greens, such as vitamin- and fiber-rich kale, benefit from marinating in their dressing, because the salt and acid in most vinaigrettes tenderize the leaves without making them soggy. The trick is to use a light coating (kale will exude some liquid of its own as it wilts) and let it steep from 30 minutes to overnight.



Overnight Kale Salad

(shown on previous page)

PREP TIME: 20 MINUTES, PLUS OVERNIGHT MARINADE

- 3 Tbsp champagne or other white wine vinegar
- 2 Tbsp finely minced shallot
- 1 Tbsp honey
- 1 Tbsp extra-virgin olive oil
- 1 tsp salt
- 1/8 tsp black pepper
- 2 bunches dinosaur or curly kale (about 1 lb), center ribs and stems removed, leaves sliced into thin ribbons
- 1/3 cup pomegranate seeds
- 1/4 cup grated Pecorino Romano cheese
- 2 Tbsp toasted pine nuts

1. Whisk together vinegar, shallot, honey, olive oil, salt, and pepper.

2. Toss kale in dressing to coat evenly. (The dressing will seem light, but the kale will wilt down to half its volume.)

3. Transfer kale to a lidded container and refrigerate overnight. To serve, divide kale among plates and top with pomegranate seeds, grated cheese, and pine nuts.

MAKES 4 SERVINGS. PER SERVING:
170 cal, 8 g fat (2 g sat), 22 g carbs,



Shaved Brussels Sprouts and Radicchio

PREP TIME: 20 MINUTES

- 12 oz brussels sprouts (about 20), ends trimmed, tough outer leaves removed
- 1/2 head radicchio, cored and cut in half
- 1/2 Fuji apple, cored and cubed
- 1 oz toasted Marcona almonds, sliced
- 1/4 cup shredded Manchego cheese

VINAIGRETTE:

- 1/4 cup extra-virgin olive oil
- 2 Tbsp water
- 2 Tbsp sherry or red wine vinegar
- 1 tsp Dijon mustard
- 1 Tbsp finely minced shallot
- 2 tsp honey
- 1/4 tsp salt
- 1/8 tsp black pepper

1. Whisk together all vinaigrette ingredients until well blended.

2. Using a mandoline or food processor with a slicing disk, shave the sprouts and radicchio.

3. Toss the sprouts and radicchio with the apple and dressing until evenly coated. Divide among plates, and top each with almonds and cheese.

MAKES 4 SERVINGS. PER SERVING:
260 cal, 20 g fat (3 g sat), 17 g carbs,
280 mg sodium, 5 g fiber, 6 g protein

SALAD SHORTCUT

Not up for creating a homemade dressing? Use 1/2 cup of your favorite light balsamic vinaigrette.



Crispy Shiitake Salad

PREP TIME: 30 MINUTES

- 14 oz (about 30) shiitake mushrooms, thinly sliced
- $\frac{1}{4}$ tsp salt
- 2 Tbsp canola oil
- 4 cups shredded green or napa cabbage (about $\frac{1}{2}$ small head)
- 3 cups shredded red cabbage (about $\frac{1}{4}$ medium head)
- 5 scallions, thinly sliced
- $\frac{1}{2}$ cup cilantro, chopped
- 2 tsp toasted sesame seeds (for garnish)

DRESSING:

- 3 Tbsp water
- 2 Tbsp rice wine vinegar
- 1 Tbsp red miso paste
- 2 tsp low-sodium soy sauce
- 1 tsp brown sugar
- $\frac{3}{4}$ tsp grated fresh ginger
- 1 Tbsp canola oil
- 1 Tbsp toasted sesame oil

1. Combine all dressing ingredients in a jar with a tight-fitting lid and shake vigorously for 30 seconds to blend.
2. Preheat the oven to 400°F. Line two rimmed baking sheets with parchment paper and coat well with nonstick cooking spray. In a large mixing bowl, toss mushrooms with salt and oil. Spread in a single layer on the prepared baking sheets and bake until mushrooms have shriveled somewhat and become crisp, about 20 to 25 minutes.
3. In a large mixing bowl, combine cabbage, scallions, cilantro, and mushrooms. Shake the dressing briefly to re-emulsify it, then add to the salad and toss to coat. Divide evenly among serving plates and top with toasted sesame seeds, if using.

MAKES 4 SERVINGS. PER SERVING:
240 cal, 15 g fat (1.5 g sat),
28 g carbs, 520 mg sodium,
6 g fiber, 4 g protein

SALAD SHORTCUT

Swap bagged coleslaw for the cabbage, and use $\frac{1}{2}$ cup store-bought ginger-sesame vinaigrette.

Escarole with Roasted Garlic Vinaigrette

PREP TIME: 15 MINUTES, PLUS ROASTING TIME

- 1 large head garlic
- 1 Tbsp hot water, plus more for roasting garlic
- Salt and pepper, to taste
- 1 Tbsp extra-virgin olive oil
- 1 Tbsp apple cider vinegar
- 1 tsp mustard
- 8 cups escarole leaves, torn into bite-size pieces
- 4 radishes, very thinly sliced
- ½ cup cooked wild rice
- ½ cup golden raisins

1. Preheat the oven to 400°F. Trim ½ inch off the tip of the garlic bulb, leaving the outer paper in place. Put the garlic, cut side up, on foil, drizzle with water, and season with salt and pepper. Seal the garlic in the foil and bake until it is very soft, about 45 minutes. Let cool.

2. Starting at the fat end of the bulb, squeeze the roasted garlic into a bowl. Mash it with a fork, then add 1 tablespoon of the hot water, and the olive oil, cider vinegar, and mustard. Season to taste.

3. Combine escarole, radishes, wild rice, and raisins. Drizzle with dressing and toss to mix. Divide among plates and serve immediately.

MAKES 4 SERVINGS. PER SERVING:
140 cal, 4 g fat (0.5 g sat),
27 g carbs, 45 mg sodium,
5 g fiber, 3 g protein ■

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Swap in 2 tablespoons roasted garlic puree (sold in a tube) for the roasted-from-scratch head of garlic.



