

Summer Salad Mania!



Clockwise from left: Summer Noodle Salad, Curry Rice Salad, and Mom's Cucumber Salad.

Summer Noodle Salad

This is a good vegetarian version of the summery Vietnamese-style salads that contain fish sauce.

$\frac{3}{4}$ cup rice vinegar
 $\frac{1}{4}$ cup white sugar
 $\frac{3}{4}$ tsp. salt
3 garlic cloves, minced
3 Tbsp. lime juice
1 Tbsp. sesame oil

Mix these well for the dressing.

12 oz. angel hair pasta, cooked and cooled under running water, then drained
1 red bell pepper, in matchsticks
1 cup of frozen corn, thawed, or the kernels from a few leftover boiled ears, cut off
handful of fresh mint leaves, torn up if large
a carrot, grated
Some chives, minced

Mix these together and dress. Top individual servings with roasted and salted cashews that you've toasted in a dry skillet. Don't mix them into the big salad unless you're going to eat it right away. They get funny after awhile. Cucumber would be nice in this, as well, I bet.

Curry Rice Salad

2 cups raw rice (I use a cup of brown basmati and one of those packets of Kashi pilaf- YUM)

a handful of roasted and salted cashews, toasted in a dry skillet

a handful of dried cranberries

a carrot, grated

chives, minced

1/3 cup lime juice

2 Tbsp. honey

1 Tbsp. mayonnaise

2 cloves garlic, minced

3/4 tsp salt

1 tsp. curry powder

1/2 cup olive oil

To cook the rice, bring a 3.5+ qt. pot of water to a boil and add rice. Stir to prevent sticking and boil until rice is cooked, but firm (for the rice I use, I think it takes about 25 minutes, but check often). Drain in colander and chill with cold running water. Drain thoroughly.

In large bowl, mix cooked rice, cashews, cranberries, carrot, and chives. Make dressing by combining the next 7 ingredients. Right before serving, dress salad.

Mom's Cucumber Salad

Cucumbers, peeled and sliced into half moons

Apple cider vinegar

White sugar

Salt and pepper

For a couple of big cucumbers, you'll want about 1/2 cup each of the vinegar and sugar. Mix these together to dissolve the sugar. Salt and pepper this and add the cucumbers. This is best chilled for a couple of hours and gets a little pickled for my husband's taste after a couple of days in the fridge.

Summer Noodle Salad is adapted from a recipe at simplyrecipes.com and Curry Rice Salad is adapted from one at allrecipes.com. The cucumber salad recipe is my mom's.